BBC
August 2023
DHS15
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goodfood

Middle East

SENSATIONAL SEAFOOD RECIPES

- Fish with salt & vinegar chips, pickle & dill mayo, and minted crushed peas
- Salmon & asparagus one-pot gratin
- British seaside spaghetti



QUICK & EASY
No-cook midweek meals

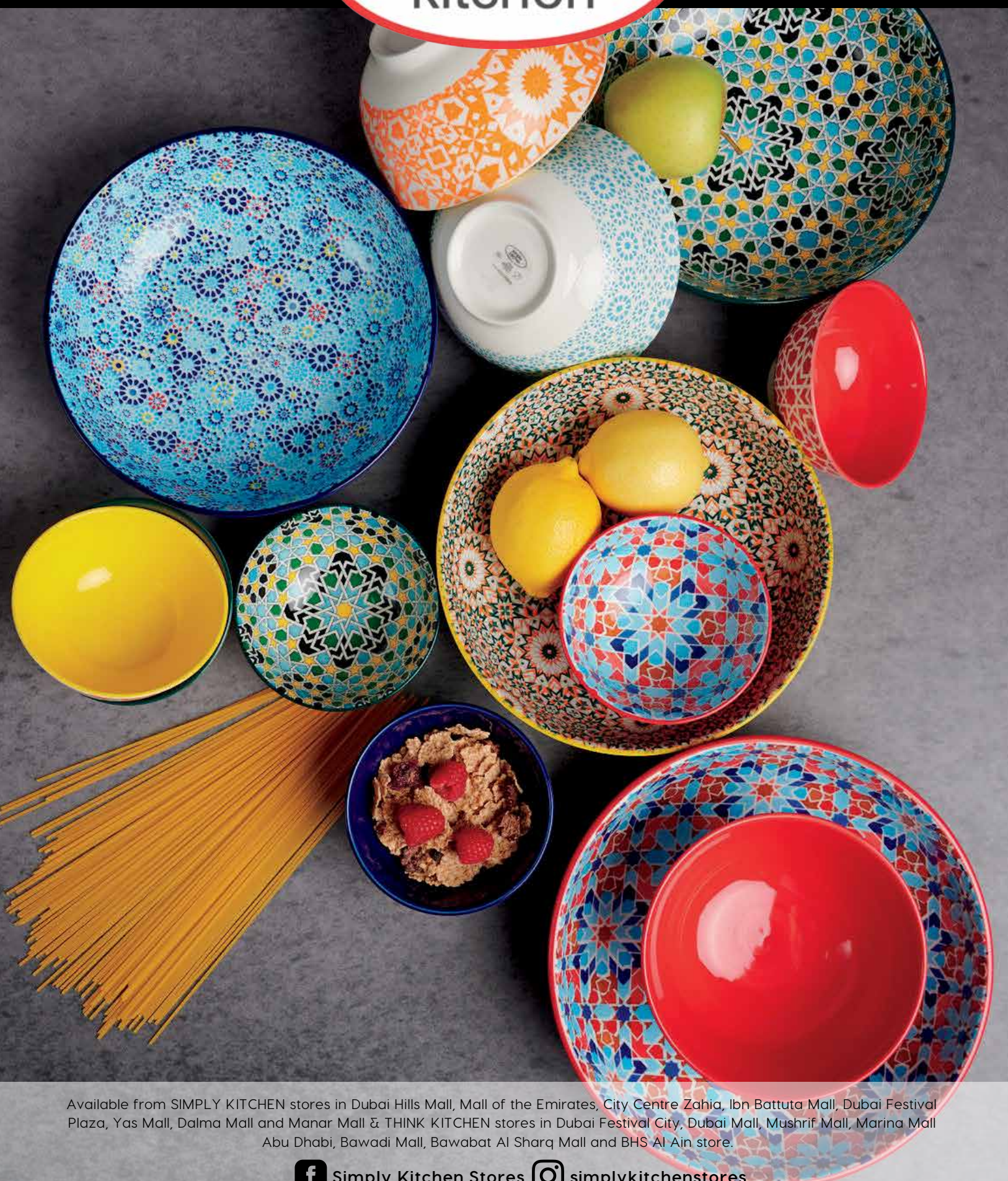
ESCAPE TO MAGNIFICENT MALDIVES

TEMPTING *summer desserts*

- **Charred & smoky peach sundae**
- **Neapolitan frozen cheesecake**
- **Mango ice cream with cardamom-scented coconut sprinkles**

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Simply Kitchen Stores simplykitchenstores

Welcome!



As summer temperatures reach their peak, we are thrilled to present the latest edition, brimming with culinary wonders that will elevate your dining experiences. From quick indulgences to refreshing seaside delights and cooling treats, the August issue is a celebration of the very best that this season has to offer.

In this issue, explore *Quick & Clever Mug Cakes* (p30), perfect for those moments when you're craving something sweet but don't want to spend hours in the kitchen. For all the seafood enthusiasts out there, our *Seaside Specials* feature takes you on a coastal culinary journey – try our cover star on page 37. Whether you're planning a beachside picnic or a dinner with friends, these recipes will transport you to the sandy shores with every bite.

If you're seeking a taste of perfection, look no further than *Tom Kerridge's Juiciest Ever Chicken* (p48) where the renowned chef reveals his secrets for achieving flawlessly tender and juicy chicken, packed with flavour. Embrace the season's abundance with our *Epic Summer Salads* collection (p60), featuring vibrant bowls starring the finest textures and notes of the season. No summer soirée would be complete without an impressive selection of *Summer Desserts* (p72). Dive into elevated ice cream treats to beat the heat.

As always, we're committed to being your go-to source for the latest in culinary news, regional restaurant offerings, trusted reviews, and inspiration for the summer ahead.

Happy Reading!

Nicola Monteath
Editor

These are a few of our favourite dishes...



"These Chicken Tikka Pasties combine bold and aromatic flavours with the comforting convenience of a handheld pasty - perfect for any snacking occasion."

Liz Smyth, Group Sales Director



"The tantalizing blend of succulent duck infused with the fiery heat of Sichuan spices, finds a perfect balance with the refreshing sweetness of watermelon, in this summery Sichuan Duck & Watermelon Salad."

Blanche D'mello, Assistant Editor



"This Peanut Butter & Jelly Doughnut Ice Cream Sandwich offers a mouthwatering fusion of nostalgic flavours in an irresistible frozen treat."

Gill Fairclough, Sales Director

BBC goodfood Middle East

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FOUNDER CPI MEDIA GROUP
Dominic De Sousa
(1959-2015)

PRINTED BY
Al Salam Printing Press LLC

PUBLISHED BY
CPI

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A publication licensed by Dubai Production City, DCCA

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BBC Good Food ME magazine is published by CPI Media Group under licence from Immediate Media Company Limited, Vineyard House, 44 Brook Green, Hammersmith, London W6 7BT.
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V Suitable for vegetarians.
❄ You can freeze it.
Not suitable for freezing.
Easy Simple recipes even beginners can make.
A little effort These require a bit more skill and confidence – such as making pastry.
More of a challenge Recipes aimed at experienced cooks.
Low fat 12g or less per portion.
Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.
Good for you Low in saturated fat, low in salt.
Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.
Vit C Iron Omega-3 Calcium Folate Fibre
Indicating recipes that are good sources of useful nutrients.
GLUTEN FREE Indicates a recipe is free from gluten.
Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:
P Contains pork.

YOUR SAY

We love hearing from you!

STAR LETTER



I usually like to stick to what I know in the *BBC Good Food Middle East* magazine, but the cover for Vol-au-vents caught my eye. To be completely honest, I didn't know what Vol-au-vents were but I decided to give it a shot. I invited my closest friends over to watch the Silverstone F1 race, and the vol-au-vents were the perfect little snack for us to enjoy while watching the race. The pastries were amazingly flaky and we had fun trying out different fillings. We also loved the Ploughman's sausage rolls. We absolutely loved race day, it was different from our usual routine. My friends and I are already looking at what we can make from the *BBC Good Food Middle East magazine* for the next race."

Greshma Ajit



I enjoyed most the cooking with kids section. Now with the summer holidays, cooking with the little chefs is an amazing way to pass their time. They get to be creative and adventurous while learning about health and nutrition.

Fiona Menezes



My favourite part of this issue was the *Enjoy a Special Picnic* in the family section, with all the child-friendly recipes. We baked the chocolate banana cake, which the kids absolutely loved. We want to try the courgette, potato and feta slice next. My 12-year-old son loves vegetables, however, my 6-year-old daughter does not have a good relationship with vegetables. They are very different, like night and day. My son likes his vegetables to be crispy, fresh, and in separate sections of his plate (so not together like a salad). My daughter will only eat fully cooked soft carrots, if it's mixed in with other ingredients in a dish (so that the taste is almost fully masked by other flavours, but she loves the texture).

Carla Corsino

WIN!

DINNER AT THE NEWLY-OPENED RESTAURANT LA SIRÈNE, WORTH AED600

Experience a memorable dining affair at La Sirène, the latest Lebanese restaurant at Avani+ Palm View Dubai Hotel & Suites. Bask in Dubai's captivating sights and sounds from the inviting outdoor terrace, which offers breathtaking views of Palm Jumeirah and Ain Dubai. The dining venue masterfully combines timeless traditions with modern hospitality, encapsulating the essence of Beirut's metropolitan charm and culinary offerings. Don't miss this opportunity to savour a delightful evening filled with Lebanese flavours and exceptional ambience.

To send in your Star Letter and win this prize, visit the Competitions page on bbcgoodfoodme.com



TALK TO US!

Email us on feedback@bbcgoodfoodme.com
with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on: **@bbcgoodfoodme**

Or, you could write to us at: The Editor, BBC Good Food Middle East. Office 1307, DSC Tower, Dubai Studio City, Dubai, United Arab Emirates, PO Box 13700.

Photographs SUPPLIED







CUCINA UNVEILS "THE LONG BREAKFAST"

WE'RE NOMINATED! VOTE FOR US

Crafted with a twist on classics, Cucina on Palm West Beach redefines your breakfast experience







Rise and shine to a morning of pure delight as you embark on a sumptuous breakfast voyage like never before at Cucina, the renowned neighbourhood Italian restaurant at Marriott Resort Palm Jumeirah. Nominated for both the Casual Dining Restaurant and Italian Restaurant categories for the prestigious *BBC Good Food Middle East Magazine Awards 2023*, Cucina's latest launch, The Long Breakfast, features a curated menu that artfully blends signature classics with innovative twists.

Picture this: you step through our doors, greeted by the inviting aroma of freshly brewed coffee and buttery pastries. As you settle into the charming, contemporary-chic trattoria ambience, the morning sunlight illuminates your table, setting the perfect stage for a memorable breakfast feast. This is exactly what you can look forward to at The Long Breakfast. Showcasing traditional breakfast specialities infused with the restaurant's signature flair, Cucina now provides an unparalleled experience that extends well into the late afternoon.

Among the à la carte highlights, the di maiale (non-halal meat) breakfast pizza stands out with its delectable combination of sausage, borlotti beans, tomato sauce, eggs and mozzarella, creating a harmonious fusion of flavours. For those with a sweet tooth, the chef's pancake, served with mascarpone gelato, fresh honey, roasted walnuts, and mixed berries, ensures a burst of flavour in every bite. A must-try is the shakshuka all'italiana, a brilliant Italian rendition of the Middle Eastern dish, exquisitely presented in a pizza bread bowl, elevating this classic to a whole new level. The uovo alla Benedict stars crispy potatoes, Parmesan cheese sauce, tomato powder, and prosciutto crudo, delivering a tantalizing experience for your tastebuds. Lastly, the specialita dello chef is a true illustration of culinary mastery, featuring a slab of homemade bacon accompanied by red capsicum and chilli jam, making it a hearty and flavoursome choice.

For those looking to explore a range of refreshing options, The Long Breakfast also serves a vibrant watermelon carpaccio, plated with freshly-made in-house yoghurt gelato and mixed berries, creating a marriage between flavours and textures, both light and satisfying. Additionally, the Cucina parfait is a scrumptious treat comprising chia seeds, mango, granola, mixed nuts, and yoghurt, providing a wholesome start to the day. Diners are also treated to an assortment of freshly baked Italian pastries and breads, paired with homemade compotes, jams, and spreads, to savour the taste of Italian culinary tradition.

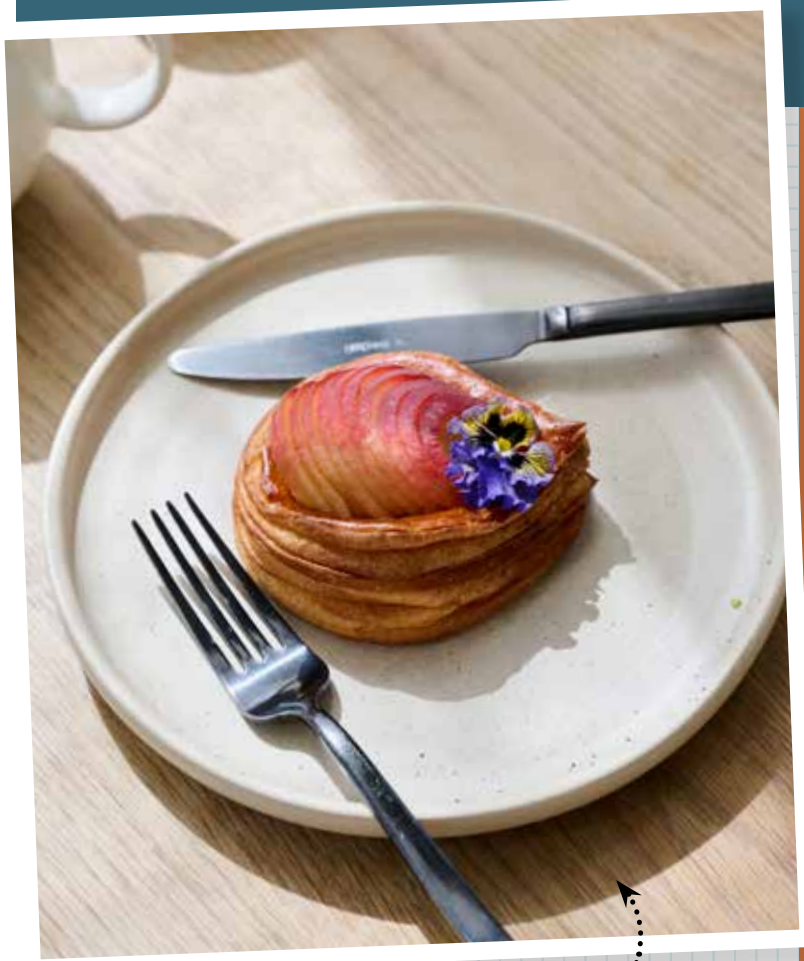
True to an authentic Italian piazza experience, Cucina's 'caffe' selection offers a masterclass in coffee creation, catering to every coffee lover's taste, from the bold and rich espresso to the velvety smoothness of flat whites. Explore the diverse smoothie selections, iced teas, and nutritious antioxidant shots, or elevate your breakfast experience with a concoction or a carafe of bubbly. Whether it's the perfect cup of coffee to kickstart the morning or a bubbly accompaniment to toast a special occasion, Cucina ensures your beverage preferences are well-catered, adding an extra touch of indulgence to your breakfast journey.

From breakfast to dinner, discover this unique dining destination that is home to an espresso and aperitivo bar, and an in-house Gelateria, where you'll find an assortment of innovative artisanal gelato flavours, from a luscious dulce de leche, to walnut and aged balsamic. Come by and experience the finest offerings Cucina has on offer, and don't forget to vote for us!

The Long Breakfast is served from 8am to 3pm. Additionally, Cucina is open for lunch and dinner. Contact +9714 666 1408, email reservations@cucinathepalm.com, visit www.cucinathepalm.com, or follow @cucinathepalm on social media.

NEWS *nibbles*

What's hot and happening in the culinary world, in the UAE and across the Middle East







INTRODUCING COACH CAFÉ

Coach proudly unveils its groundbreaking dining venture, Coach Café, a one-of-a-kind culinary haven celebrating the brand's iconic New York heritage. Nestled within Bloomingdale's at Dubai Mall, this immersive experience promises to transport visitors to the picturesque charm of a New York City sunset. A captivating display of yellow hues sets the stage, encapsulating the essence of golden hour in the Big Apple. This multi-sensory wonderland, where each dish on the carefully crafted menu pays homage to classic city diner fare, features an array of beverages, tarts, and the quintessential cheesecakes. Coach Café also offers an exclusive selection of Coach's premium leather goods and limited-edition pieces. Indulge in retail therapy at the neighbouring pop-up store, specially curated to complement your dining experience.

Open until September 30th, 2023.

THE BEST BITES

Bageri Form, the Scandi-inspired bakery, has unveiled tempting summer additions. A must-try is the delectable Miso Caramel & Sliced Peaches Danish, starring artfully blended miso caramel with juicy sliced peaches, embellished with delicate edible flowers. This exquisite creation exemplifies the bakery's dedication to exploring innovative and harmonious taste combinations.

Visit bageriform.com.

Photographs SUPPLIED

NESPRESSO LAUNCHES THREE NEW STORES



Nespresso, renowned for sustainable coffee production, has unveiled its latest Nano boutiques at Sahara Centre, Al Ain Mall, and Abu Dhabi Marina Mall. Explore the brand's latest collections, featuring state-of-the-art coffee machines, enticing coffee flavours, and stylish accessories to elevate your coffee corner. Open now at Sahara Centre and Al Ain Mall, these boutiques invite visitors to indulge in the art of coffee exploration and savour a range of exquisite coffees, each crafted with precision and passion. Reopening this month, the Abu Dhabi Marina Mall boutique transforms into a Nano boutique, ensuring a thoughtful customer journey with enhanced engagement. As with all Nespresso stores, a dedicated recycling corner complements the iconic Nespresso sleeve wall for the capsule collection. Reflecting Nespresso's unwavering commitment to sustainability and circular economy, the Nano boutiques boast 100% responsibly sourced wood from reforestation programs and advanced systems to minimise energy and water consumption. With these three new additions, Nespresso's presence in the region grows to five Nano boutiques, reaffirming their dedication to enhancing the coffee experience and catering to discerning coffee connoisseurs in the area.

Get a taste of France at Monoprix



The esteemed French franchise, Monoprix, offers an array of high-quality foods and the latest in home and decor trends. Following its successful debut at Dubai Hills Gardenia Residence last year, the latest branch now offers a unique 'local fresh market' experience, showcasing a diverse range of meats, choice cuts, seafood, and cheese selections, each bearing the signature of renowned French gourmet professionals. You can also find delectable baked goods and pastries reminiscent of Parisian patisseries. In line with its commitment to sustainability, Monoprix promotes local produce and adopts a 'farm to fork' approach, along with an extensive collection of high-quality private-label food and non-food products.



SUSTAINABLE MEAL DELIVERY

Delight in the flavours of India, as PINCODE, curated by renowned celebrity Chef Kunal Kapur unveils its home delivery menu, thoughtfully crafted to take you on a gastronomic journey through Indian pin codes. In collaboration with Careem, Deliveroo, and Talabat, relish the essence of India's diverse cuisine right at your doorstep. With a commitment to sustainability, PINCODE introduces eco-friendly packaging and reduced plastic use for a greener delivery experience. The menu features signature dishes like Bunny bhaji, Chaat hummus, Banarasi aloo, and more, available within a 12 km radius of Dubai Hills Mall.

Order via Talabat, Careem, or Deliveroo.



Saudi Arabia's "Vegan Prince" Set to Reap Rewards from Cultivated Meat Start-Up

Prince Khaled bin Alwaleed bin Talal Al Saud, known as the "vegan prince," is poised to gain significant profits from his investment in a start-up specializing in meat made from cultivated animal cells. The US government's recent approval of Upside Foods products has opened the door for American consumers to savour this innovative offering. Having a track record of supporting disruptive start-ups, the Dubai-based founder of KBW Ventures has backed ventures ranging from vegan ice cream to plant-based pet food. Cell-cultivated meat, also known as lab-grown or "no-kill" meat, offers a revolutionary approach to producing chicken or beef without the need for animal slaughter. Upside Foods, formerly known as Memphis Meats, made a notable splash in 2017, raising $17 million in its initial round of fundraising. With prominent backers like Bill Gates, Richard Branson, Kimbal Musk, and food conglomerate Cargill, this venture is set to reshape the future of the food industry.

Flavours of the month

What's hot and happening around town this month

ÉNAS

Situated at Balqis Residence on the picturesque West Crescent, Énas (translates to 'one' in Greek) invites diners to discover an authentic Mediterranean experience with its enticing selection of dishes amidst elegant decor, inspired by nature. Highlights from the menu include a Mezze platter boasting kalamata olives, marinated feta, three delightful dips, and Koulouri bread; the Gulf prawn saganaki, cooked with Greek oregano and a tomato ragu; and a Grilled meat platter, featuring chicken souvlaki, pressed lamb shoulder, beef ribeye, and charcoal lamb cutlets.

Contact +97152 415 6754.

RARE



Prepare to embark on a gastronomic voyage with RARE, the UAE's first gourmet food truck serving a delightful fusion of Japanese and Latin American-inspired cuisine. Guests can explore a range of signature dishes such as A5 wagyu nakkuru, Chocolate wagyu fillet, Wagyu beef tsukune, Tsukune yakitori, Seared Japanese tuna akami buddha bowl, and Wagyu maki. For those seeking vegetarian options, opt for the Veggie cubano (grilled tofu, okonomiyaki, Japanese mayo, and pickled veggies).

Visit Instagram (@eat.rare).

IDA BAKERY & BISTRO



Ida Bakery & Bistro has now opened its doors in Downtown Dubai, marking its one-year anniversary and expansion from Fujairah. Using the time-honoured method of Masa Madre (natural yeast fermentation), the family-owned bakery's extensive menu features delectable bakery treats and diverse bistro offerings. Don't miss the freshly-prepared sourdough bread, artisan baguettes, homemade butter, spreads, and jams.

Visit idabakery.ae.

Photographs SUPPLIED

Énas

AMAZÓNICO

The Latin-American restaurant offers a lush green oasis where guests can escape the desert heat and enjoy the new Tropicalia Weekend Parilla for the ultimate summer dining experience. The barbecue-sharing-style feast begins with a variety of bites such as Pan de queso (cheese bread), Arepas (corn cakes), and Patacones (fried plantain) accompanied by delicious dips and toppings. The star of the menu is the selection of charcoal-grilled meats including Picanha, Argentinian chorizo, Peruvian chilli-marinated baby chicken, and orange-marinated Veal ribs. The vibrant atmosphere is enhanced by the energetic mix of electro-pical beats, creating a lively ambience for a memorable afternoon.

Every Saturday and Sunday, from 12pm-3pm. Contact +9714 571 3999.





TORO TORO

Experience a vibrant journey through Latin America at Toro Toro's Fiesta Del Sol event. Indulge in authentic dishes from Peru to Mexico, complemented by a lively atmosphere and South American music. Enjoy three hours of unlimited drinks and tantalising bites while savouring Salmon tiradito, Lomo saltado (a beef tenderloin, sautéed onions, crispy potatoes, creamy rice, and Peruvian spices), and Corn-fed chicken tacos, followed by the decadent Passion fruit cheesecake.

Every Friday, from 7pm-12am. AED275 per person. Contact +9714 317 6000.



MINA BRASSERIE

MINA Brasserie invites guests to savour an unforgettable breakfast experience curated by the renowned Chef Michael Mina. Tuck into MINA Brasserie's extraordinary breakfast offerings, featuring Full English breakfast (perfectly cooked eggs, hashbrowns, sizzling turkey bacon, and baked beans), Middle Eastern breakfast (labneh, hummus & shakshouka), Vegan shakshouka, Avocado toast, and the nourishing Acai bowl.

Contact +9714 506 0100.



AKIBA DORI

The Japanese street food spot has launched a mini Akibas menu, tried and tested by children over two rounds of tastings and feedback. The non-spicy kids' menu features the Tokyo-Style Neapolitan pizza, Chicken strips with waffle fries, Mini cheeseburgers, Crunchy chicken katsu sandwich, Maki rolls, and East-inspired noodles.

Available at Dubai Hills Mall, Dubai Design District, and Yas Bay outlets. For ages 12 & under. Visit akibadori.com.

GCC



SCARPETTA

Sited at Waldorf Astoria Lusail, Doha, diners now have the opportunity to savour the renowned wood-roasted Neapolitan pizzas at Dolce Italian, skillfully crafted by Executive Chef Paolo Dorigato. Having impressed chefs Tom Colicchio and Gordon Ramsey, Dolce Italian emerged victorious on Bravo TV's acclaimed food reality series, "Best New Restaurant," in 2014. At Scarpetta, guests can now delight in irresistible pizzas including the Startufata pizza adorned with tomato, beef bresaola, and truffle oil.

Available during dinner and Friday brunch. Visit waldorfastoria.com.



ROKA

ROKA Riyadh is thrilled to introduce an exceptional ramen experience, specially curated for discerning food enthusiasts in the city. From now until the end of August, the acclaimed restaurant will present a trilogy of unique ramen dishes, available during lunch and dinner on Sundays. Signature dishes include the Robata gyuniku tori paitan ramen and the Tori paitan ramen, which takes you on a journey through Japan's revered culinary traditions with its egg noodles and tender grilled chicken.

Contact +966 9200 12327.

HILTON ABU DHABI YAS ISLAND



OPENING HOURS

Sakura Afternoon Tea: Daily from 1pm to 6pm. AED250 for two.
French bubbles on the side: Every Thursday from 9am to 12am. AED295 per person. Offers last until September.

Staycation: Starting from AED800 per night.

MAKE A RESERVATION

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Osmo - Lounge & Bar: dineatosmo@hilton.com
Hilton Abu Dhabi Yas Island: reservations_yasisland@hilton.com

FIND US ON

Instagram (@hiltonabudhabiyasisland)

Step into a world of delicate pink hues, enchanting floral trees, and sparkling beverages with Hilton Yas Island Abu Dhabi's elegant Sakura Afternoon Tea —an unparalleled experience that encapsulates the allure of Japan's enchanting cherry blossom season. Hilton Abu Dhabi Yas Island further invites families for a stunning staycation, tailor-made for two adults and two children. Delight in exclusive access to one of the world-class Yas Theme Parks—Ferrari World Abu Dhabi, Yas Waterworld, Warner Bros. World™ Abu Dhabi, or SeaWorld® Yas Island Abu Dhabi.



DON'T MISS!
The five-star hotel's Sakura Afternoon Tea.





THE CUISINES

Hilton Abu Dhabi Yas Island offers a diverse selection of restaurants including Café del Mar Abu Dhabi, Capila - Pool Bar and Grill, Graphos Social Kitchen, McCafferty's Yas Island, and Osmo - Lounge and Bar. Embark on a delectable afternoon tea experience that will delight your taste buds with an exquisite selection of meticulously curated sweet and savoury treats, artfully prepared to entice your senses. Guests will be greeted with a complimentary welcome cup of coffee or tea, followed by two glasses of sparkling grape or refreshing fruity mocktails. Tuck into the signature Katsu sandwiches, succulent Roast beef focaccia, heavenly Matcha scones, irresistible Macarons, and plenty more. On Thursday, relish in delectable bites paired with bubbly from the enticing menu at Osmo - Lounge & Bar.

5 SIGNATURE DISHES



Graphos burger



Chicken pad thai



Burger and brew



Bao & sushi



Avo toast

Tried & tasted

Our top dining experiences this month







HAWKERBOI

From its early days of hosting exclusive supper clubs at undisclosed locations, Hawkerboi has now secured a permanent home at The Park in Jumeirah Lake Towers. Drawing inspiration from the bustling street-food scenes of Malaysia and Thailand, diners can tuck into Asian-inspired hawker cuisine meticulously prepared in the sprawling open kitchen.

The dining venue presents a vibrant atmosphere with upbeat tunes, red neon accents and dim lighting, striking a perfect balance between a laid-back setting and a lively ambience across its main dining area, bar, and two inviting terraces.

The highlights

A standout feature on Hawkerboi's menu is the innovative use of culinary techniques. From the sizzling grills to the aromatic steamed and roasted signature woks – adding a unique touch that imparts a smoky essence to the dishes.

Our culinary journey began with the tantalizing Lamb ribs, coated in Xin Jiang spice, accompanied by mushroom relish, which elevated the richness of the dish. The Chicken & truffle shumai is teeming with exquisite flavour, while the addition of black vinegar provides a tangy and subtle sweet note. The must-try Duck gyoza boasts a crisp exterior and delectably juicy filling, served with ponzu sauce that offers a citrus kick and umami, tying the dish together beautifully.

As we ventured into the main course, the Peking roast-style duck served with traditional accompaniments such as pancakes and cucumber slices stole the show for its crispy skin and tender meat. The Prawn drunken noodles featured succulent prawns nestled among the aromatic noodles, alongside a medley of spices, notes of lemongrass, and the satisfying crunch of green beans.



The dessert selection continued to impress, with the grilled BBQ pineapple infused with lemongrass and lime. The pineapple was a sweet and tangy delight served beside a refreshing mango sorbet.

Book now

Email whois@hawkerboi.com or visit eatx.com/hawkerboi.







NOLA BIJOU BISTRO & BAR

Inspired by the charm of 19th-century New Orleans, the venue seamlessly blends French influences and Caribbean energy with Southern flair. As we stepped into Nola Bijou Bistro & Bar, we were welcomed by a cosy atmosphere, blending contemporary elegance with the charm of a rustic New Orleans colonial house dating back to the 1800s. Climbing a dimly lit staircase adorned with artwork from 19th-century Louisiana heightened our anticipation, as we made our way to the restaurant's entrance.

At the heart of the venue lies the iconic jewel bar, featuring a meticulously carved marble top and intricate wooden embellishments accompanied by mosaic tiles, plush velvet sofas, and a library. The windows open onto a terrace that flawlessly integrates the surrounding greenery, enhanced by a year-round cooling system, creating a perfect setting for a relaxing aperitivo hour.

Reminiscent of its JLT outlet, the ambience of Nola Bijou Bistro & Bar at City Walk, provides an enchanting musical journey centred around jazz, complemented by other genres. With the in-house resident DJ at the helm, expect high-energy jazz and soul beats to entertain throughout the evening.

The highlights

We started with the Cornflakes chicken, featuring Cajun-infused seasoning and a crunchy cornflake coating, served alongside a truffle mayo dip. The Fried calamari stood out with its tantalizing spice coating of perfectly-cooked Patagonian calamari paired with a creamy tartar sauce. The Beef empanadas, filled with succulent Black Angus brisket, plantain, pine nuts, and raisins, were bursting with a symphony of flavours. Accompanied by a Greek yoghurt and cinnamon dip, the dish provided a refreshing and slightly tangy contrast, perfectly complementing the rich and savoury filling.

Moving on to the main event, the Lamb chops, marinated with a blend of rosemary, maple, and lemon, were flawlessly cooked to achieve a juicy and tender texture, best enjoyed with a side of fries. One of the culinary highlights was the Braised short ribs, slow-cooked in a rich brew to achieve incredibly succulent meat and perched atop creamy potato puree and gravy.

We couldn't resist treating ourselves to The Chef's decadent brownies topped with hazelnuts and a praline biscuit base. We also indulged in the Profiterole, filled with maple almond cream and vanilla custard, and drizzled with coffee ganache. The contrast between the light and airy choux pastry and the luscious filling created a satiating balance for the perfect ending to our meal.

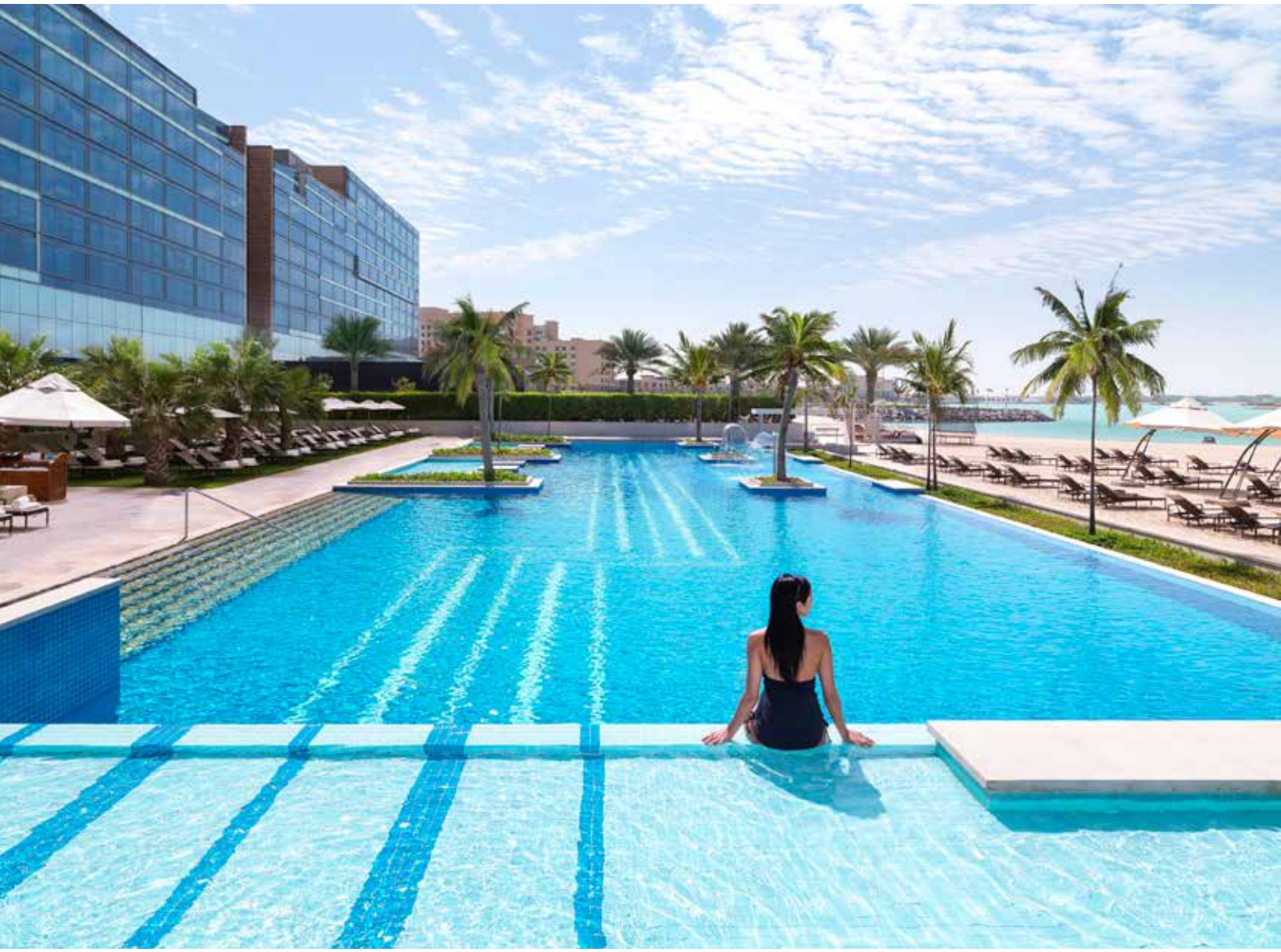




Book now

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FAIRMONT BAB AL BAHR



OPENING HOURS

Cafe Sushi: 12pm to 4pm and 7pm to 11pm
Mazaj Bab Al Bahr: 8:30am to 12am
CuiScene: Breakfast on weekdays from 6:30am to 10:30am and weekends from 6:30am to 11am
Brunch on Saturday from 1pm to 4pm
Dinner on Thursday, Friday and Saturday from 7pm to 10:30pm

MAKE A RESERVATION

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babalbahr@fairmont.com

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A gastronomic adventure awaits at the renowned five-star hotel featuring multi-cuisine restaurants, boasting a range of culinary delights from around the globe. Embark on an elevated dining experience at Café Sushi, where a unique concept takes your culinary exploration to new heights with a selection of Japanese delicacies. CuiScene offers a relaxed yet sophisticated setting, making it an ideal choice for a leisurely meal or a professional gathering. Embrace the idyllic beach garden setting at Mazaj Bab Al Bahr with a panoramic view of the majestic Sheikh Zayed Grand Mosque or immerse yourself in the lounge adorned with a captivating collection of rare antiques.



DON'T MISS!

Mazaj Bab Al Bahr's signature breakfast experience.





THE CUISINES

Café Sushi presents an array of Japanese delicacies, including a diverse range of sushi, salads, and main course options. For a quick and nutritious lunch, guests can choose from a belt-style conveyor that offers a variety of fresh and casual Japanese dishes. CuiScene provides a lavish international buffet that showcases delicacies from Europe, Asia, and the Middle East. Each month, the menu is curated to highlight the finest seasonal ingredients, allowing guests to savour a multitude of innovative preparations. Mazaj Bab Al Bahr invites you to unwind and relish Mediterranean cuisine with a local touch in a laid-back ambience.

5 SIGNATURE DISHES



Katsu curry



Mix grill



Manti



Wagyu blow torch



Matcha tiramisu

FAIRMONT BAB AL BAHR



OPENING HOURS

Marco's Italian:
Sunday-Friday from 12pm to 4pm and 6pm to 11pm
Saturday from 7pm to 11pm

Marco Pierre White Steakhouse & Grill
Daily from 7pm to 11pm

Bridges Bar:
4pm to 2am

Marco's Italian offers the perfect ambience suitable for families and couples seeking an intimate dining setting. Renowned celebrity Chef Marco Pierre White brings his exceptional culinary skills to Abu Dhabi, delivering an unrivalled dining experience. Don't miss the distinctive interiors at Marco Pierre White Steakhouse & Grill featuring a striking backlit "flame" wall. On the other hand, Bridges Bar welcomes guests with a cosy atmosphere.







DON'T MISS!

Sundowner aperitivo at Marco's Italian

THE CUISINES

From sharing platters and delectable seafood to freshly baked pizzas, and flavourful pastas, the menu at Marco's Italian offers a diverse array of authentic Italian home-style dishes. To complement the gastronomic journey, an extensive beverage selection is available, serving both signature concoctions and perfected Fairmont classics. Under the meticulous supervision of Chef de Cuisine at Marco Pierre White Steakhouse & Grill, guests can savour an eclectic fusion of innovative grill cuisine including premium quality steaks and timeless English favourites, accompanied by a wide-ranging grape collection. For those seeking a lively ambience, make your way to the Bridges Bar to unwind with a drink, indulge in delectable pub grub, and take advantage of daily special offers, all while cheering for your favourite football team.

5 SIGNATURE DISHES



Ravioli burrata e pomodoro



Steak flight



Ossobuco e risotto allo zafferano



Wagyu tenderloin



Tiramisu

COOK SMART

Put your gadgets to work

Make the most of your kitchen gadgets to create these low-effort lunch and dinner recipes while saving energy costs

recipes HELENA BUSIAKIEWICZ & SAMUEL GOLDSMITH *photographs* SEAN CALITZ

Air-fryer sweet potato jackets with tahini yogurt & curry leaves

SERVES 2 **PREP** 10 mins
COOK 55 mins **EASY** **V**

2 medium sweet potatoes
1 tbsp olive oil, plus 2 tsp
1 small garlic bulb
150g Greek yogurt
3 tbsp tahini
1 lemon, zested and juiced
1 tbsp maple syrup
5g fresh curry leaves
small handful of coriander, finely chopped
pinch of chilli flakes

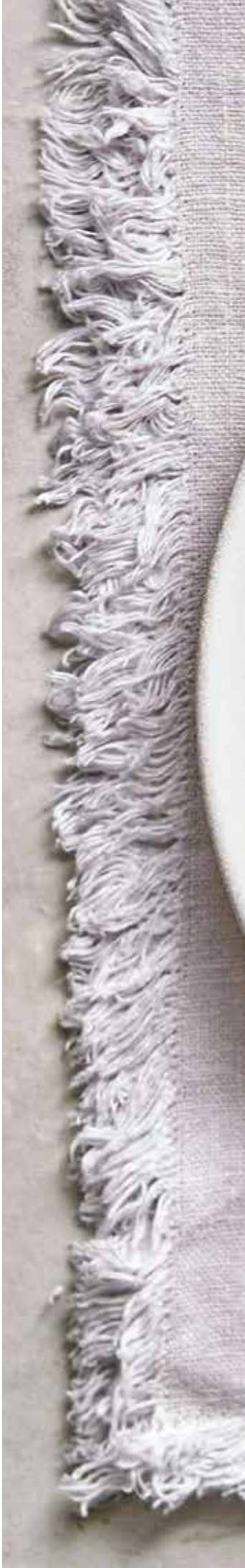
1 If your air fryer has a preheat option, heat it to 200C. Pierce a few holes in the sweet potatoes using a sharp knife, then rub with 1 tbsp of the olive oil and sprinkle with salt and freshly ground black pepper. Drizzle 1 tsp of the oil over the garlic bulb, sprinkle with salt and pepper, then wrap in foil. Put both the garlic and sweet potatoes in the air-fryer and cook for 35 mins. Remove the garlic and set aside to cool slightly, then put the sweet potatoes back in for 15 mins until a cutlery knife goes through the centre with no resistance.

2 Meanwhile, put the Greek yogurt in a small bowl and mix with the tahini, lemon zest and juice, maple syrup and some salt and pepper. When the garlic has cooled, squeeze the cloves into the tahini and yogurt mixture and stir well.

3 Put the curry leaves, 1 tsp olive oil and a pinch of salt in a small bowl. Massage with your hands so they're well coated. Put the curry leaves in the air fryer and place a small, ovenproof plate on top. Make sure the plate is upside down, so air can circulate around them. Cook for 5-6 mins at 200C until crispy. Carefully remove the plate using tongs or oven gloves.

4 Split the sweet potatoes open and fluff up the flesh slightly with a fork. Spoon the yogurt mixture over the sweet potatoes, then top with the crisp curry leaves, chopped coriander and chilli flakes.

GOOD TO KNOW calcium • fibre • vit c • iron • 1 of 5-a-day • gluten free
PER SERVING 581 kcals • fat 30g • saturates 9g • carbs 59g • sugars 34g • fibre 1g • protein 12g • salt 0.4g









Slow cooker tomato soup

SERVES 4-6 **PREP** 5 mins
COOK 3 hrs **EASY** V

2 x 400g cans chopped tomatoes
1 red onion, chopped
1 carrot, chopped
1 rosemary sprig
2 tbsp tomato purée
1 vegetable stock cube
2 bay leaves
2 tbsp double cream
croutons, to serve (optional)

1 Tip everything except the cream and croutons into the slow cooker along with 500ml hot water. Cook on high for 3 hrs or low for 5 hrs.
2 Remove the rosemary. Blend the soup either using a hand blender, which you can do in the slow cooker, or in a jug blender until smooth. If you like a thinner soup, you can add up to 250ml more hot water. *Will keep chilled for three days.* Spoon into bowls, drizzle over a little cream and scatter with croutons, if using.

GOOD TO KNOW low cal • 2 of 5-a-day
PER SERVING (6) 101 kcals • fat 6g • saturates 3g • carbs 8g • sugars 8g • fibre 2g • protein 2g • salt 0.7g

gf tip

- Serve with croutons dusted with a little cumin, or try making halloumi croutons by tossing squares of halloumi in a little olive oil and baking in the oven until golden and crisp.

- **Using a ceramic or multi-pressure cooker** If you don't have a slow cooker, this soup recipe can easily be adapted to work in a pressure cooker. Proceed with step 1 as above, and cook on high for 5-10 mins, then continue with the rest of the recipe.

BBC goodfood COOK SMART

HELPING YOU TO COOK SMART

Rising food and energy costs mean that many of us are having to think carefully about getting the most from our budgets. To help, BBC Good Food has developed Cook Smart, a supportive campaign bringing together knowledge and ideas to help everyone eat well on a budget. Cook Smart also explores the best energy-efficient cooking methods such as hob cooking and microwaving, as well as using slow cookers, multi cookers and pressure cookers.

Microwave cheat's paella

Try this shortcut version of the Spanish classic for a midweek dinner. The recipe is based on a microwave with a power of 750W.

SERVES 4 **PREP** 15 mins
COOK 25 mins **EASY**

1 tbsp olive oil
1 onion, finely chopped
2 garlic cloves, crushed or finely grated
700ml chicken stock
pinch of saffron (optional)
½ tbsp sweet smoked paprika
300g paella rice
200g chicken, thinly sliced
200g chorizo, chopped
150g frozen peas
½ lemon, juiced, plus wedges to serve
small handful of parsley, roughly chopped

1 Put the olive oil, onion, garlic and a pinch of salt in a large microwaveable dish, mix well and heat on high for 3 mins. Meanwhile, combine the chicken stock and saffron in a jug and leave to infuse for a couple of minutes.
2 Stir the paprika, rice, chicken and chorizo into the onions and garlic, then pour in the chicken stock and saffron before seasoning well. Cover and cook on high for 15 mins. Stir, cover and cook for a further 5 mins.
3 Uncover, being careful with the steam, then stir in the frozen peas and another 100ml water if it's looking a little dry. Cook, uncovered, for 3 mins before drizzling with lemon juice and scattering over the parsley. Serve with lemon wedges for squeezing over.

PER SERVING 611 kcals • fat 21g • saturates 7g • carbs 67g • sugars 6g • fibre 5g • protein 36g • salt 2.8g

Shoot director RACHEL BAYLY | Food stylist PHIL MUNDY | Stylist MAX ROBINSON

easy

Delicious, simple, and easy-to-make recipes



quick & clever

■ mug cakes, page 30



midweek meals

■ no cooking required, page 24



reduce waste

■ love your leftovers, page 34

midweek meals

COOK SMART

no cooking required

Fast and flavourful, these recipes require no more than 20 minutes preparation

recipes AILSA BURT *photographs* HANNAH TAYLOR-EDDINGTON



Ponzu tofu poke bowl



Caprese chicken sandwiches

HEALTHY

Ponzu tofu poke bowl

Using silken tofu in this way is similar to a Japanese dish called 'hiyayakko', which is usually enjoyed at the height of summer.

SERVES 2 **PREP** 20 mins
NO COOK EASY V

1 tbsp ponzu sauce
½ tbsp rice vinegar
5g ginger, peeled and grated
1 tsp sesame oil
300g silken tofu
100g edamame beans
250g pouch cooked quinoa
100g radishes, sliced
2 carrots, peeled into ribbons
2 spring onions, finely sliced
2 small seaweed thins, crumbled
1 tsp sesame seeds

1 Combine the ponzu, vinegar, ginger and sesame oil in a bowl. Pat the tofu dry using kitchen paper and tear into chunks, then gently toss in the ponzu mixture.
2 Pour some boiling water over the edamame and set aside for 2 mins before draining thoroughly and seasoning with salt.
3 Divide the quinoa between bowls and top with the edamame, radishes and carrots. Spoon over the tofu and drizzle over the remaining dressing before scattering over the spring onions, seaweed and sesame seeds.

GOOD TO KNOW vegan • healthy • low cal • folate • fibre • vit c • 2 of 5-a-day
PER SERVING 462 kcals • fat 14g • saturates 2g • carbs 57g • sugars 15g • fibre 13g • protein 22g • salt 0.7g

BALANCED

Caprese chicken sandwiches

These are simple to assemble and bursting with summery flavours.

SERVES 2 **PREP** 10 mins
NO COOK EASY

2 ciabatta rolls
1 small garlic clove
1½ tbsp basil pesto
2 ripe tomatoes, sliced
10 basil leaves
2 cooked chicken breasts, skin removed, sliced
100g reduced-fat mozzarella, sliced
60g rocket
2 tsp balsamic glaze

1 Halve the ciabatta rolls and lightly toast, then rub the garlic clove over the cut sides.
2 Spread the pesto over the roll bases, then top with the tomatoes, basil leaves, chicken and mozzarella slices, and rocket leaves. Drizzle over the balsamic and sandwich with the roll tops, then serve.

GOOD TO KNOW folate • vit c • 2 of 5-a-day
PER SERVING 574 kcals • fat 17g • saturates 5g • carbs 51g • sugars 8g • fibre 5g • protein 52g • salt 1.6g

gf tip
Pop under the grill for a few minutes to melt the mozzarella for a moreish toastie.

HEALTHY

Tomato & black bean taco salad

Perfect for those warmer evenings when you're craving something quick, fresh and crunchy.

SERVES 4 **PREP** 20 mins
NO COOK EASY V

1 lime, juiced
12g coriander, finely chopped
½ tsp ground cumin
1 jalapeño pepper (deseeded if you prefer less heat), finely chopped
2 tbsp rapeseed oil
400g can black beans, drained and rinsed
200g cherry tomatoes, halved
1 romaine lettuce, chopped
198g can sweetcorn, drained
1 red pepper, finely chopped
4 crunchy taco shells
25g pumpkin seeds

1 Combine the lime juice, coriander, cumin, jalapeño and oil in a bowl. Season well.
2 Tip in the beans, tomatoes, lettuce, corn and red pepper. Toss to combine. Crumble in the taco shells and mix to coat everything in the dressing. Scatter over the pumpkin seeds and serve straightaway.

GOOD TO KNOW vegan • healthy • low cal • folate • fibre • vit c • 3 of 5-a-day • gluten free
PER SERVING 301 kcals • fat 13g • saturates 2g • carbs 28g • sugars 9g • fibre 12g • protein 11g • salt 0.1g

gf tip
This salad will keep in the fridge, minus the taco shells and seeds, for a day.



HEALTHY

Green gazpacho

For something fresh as well as satisfying, try this gazpacho, brimming with green veg.

SERVES 2 **PREP** 15 mins plus at least 30 mins chilling **NO COOK** **EASY** **V**

200g fresh or frozen peas
75g crusty bread, torn into chunks
600ml hot vegetable stock (ensure vegan, if needed)
1 cucumber, roughly chopped
1 garlic clove, roughly chopped
½ avocado, peeled, halved, stoned and roughly chopped
2 tsp white wine vinegar
½ green chilli (deseeded if you prefer less heat), roughly chopped
2 spring onions, finely sliced
125g cherry tomatoes, roughly chopped
10g parsley, leaves picked
2 tbsp extra virgin olive oil
crusty bread, to serve

1 Put the peas and bread in a large heatproof bowl, pour over the stock and leave for 2 mins before carefully pouring into a jug blender. Season well. Tip in the cucumber, garlic, avocado, vinegar, chilli and most of the spring onions, tomatoes and parsley. Blend until smooth and season to taste. Chill for around 30 mins. *Will keep covered and chilled for up to three days.*

2 Spoon the gazpacho into bowls and drizzle over the olive oil. Scatter over the remaining spring onions, tomatoes and parsley, then serve with crusty bread.

GOOD TO KNOW vegan • healthy • folate • fibre • vit c • 3 of 5-a-day

PER SERVING 429 kcals • fat 22g • saturates 4g • carbs 38g • sugars 13g • fibre 12g • protein 14g • salt 1.2g



Shoot directors FREDDIE STEWART AND CLOE-ROSE MANN | Food stylist PHIL MUNDY | Stylist FAYE WEARS



HEALTHY

Tuna, courgette & chilli chickpeas

SERVES 4 **PREP** 20 mins
NO COOK EASY

1 lemon, zested and juiced
15g parsley, finely chopped
10g basil, finely chopped
2 garlic cloves, crushed
1 tbsp capers, rinsed and finely chopped
1 red chilli (deseeded, if you prefer less heat), finely chopped
160g can tuna in olive oil
2 courgettes, thinly sliced
2 x 400g cans chickpeas, drained and rinsed

1 Put the lemon zest and juice in a bowl and mix with the parsley, basil, garlic, capers, chilli and some seasoning. Strain in the oil from the can of tuna (about 2 tbsp), then mix in the courgettes. Toss well to completely coat in the dressing, then set aside to soften for 15 mins.
2 Stir in the chickpeas and toss to combine everything before flaking in the tuna and tossing again. Serve straightaway.

GOOD TO KNOW healthy • low cal • folate • fibre • vit c • 2 of 5-a-day • gluten free
PER SERVING 266 kcals • fat 11g • saturates 1g • carbs 20g • sugars 2g • fibre 8g • protein 17g • salt 0.4g

COOK SMART

Quick & clever

Lower your energy use by baking pudding in the microwave

Fastest-ever chocolate chip cookie

MAKES 1 **PREP** 5 mins plus standing
COOK 5 mins **EASY** V

15g unsalted butter
15g light brown soft sugar
1 egg yolk (freeze the white for another recipe)
¼ tsp vanilla extract
25g plain flour
pinch of baking powder
15g milk chocolate chips
ice cream, to serve (optional)

1 Put the butter and sugar in a microwave-safe cup or ramekin and microwave on high for 30-50 seconds (longer if using fridge-cold butter) until melted.
2 Stir in the egg yolk until glossy and combined. Stir in a pinch of salt and the vanilla. Add the flour, baking powder and chocolate chips. Microwave on high for 1 min until puffed and golden. Remove and leave for a few minutes before serving with ice cream, if you like.

PER SERVING 407 kcals • fat 23g • saturates 12g • carbs 42g • sugars 23g • fibre 1g • protein 7g • salt 0.2g

gf tip
We tested these recipes in a 750-watt microwave – timings may vary if your microwave is more or less powerful.

Mug brownie

MAKES 1 **PREP** 5 mins
COOK 1 min-1 min 30 seconds
EASY V

3 tbsp plain flour
3 tbsp cocoa powder
2 tbsp caster sugar
2 tbsp vegetable or sunflower oil
4 tbsp milk
2 tbsp milk chocolate chips
ice cream, to serve (optional)

1 Combine all of the ingredients except the chocolate chips in a microwave-safe mug and mix well until smooth. Stir through the chocolate chips.
2 Microwave on high for 1 min-1 min 30 seconds until cooked through and a skewer inserted into the middle comes out clean. Serve with a scoop of ice cream on top, if you like.

PER SERVING 862 kcals • fat 39g • saturates 12g • carbs 107g • sugars 59g • fibre 5g • protein 16g • salt 0.1g

Shoot director FREDDIE STEWART | Food stylist ELLIE MULLIGAN | Stylist LAUREN MILLER

mug cakes

recipes AILSA BURT & SAMUEL GOLDSMITH *photographs* FACUNDO BUSTAMANTE



Microwave vanilla mug cake

MAKES 1 **PREP** 5 mins
COOK 1 min 30 seconds-2 mins
EASY V

30g butter
2½ tbsp caster sugar
6 tbsp plain flour
¼ tsp baking powder
3½ tbsp milk
½ tsp vanilla
4 tsp icing sugar
sprinkles, to serve (optional)

1 Put the butter in a microwave-safe mug and microwave on high for 30-45 seconds until melted. Stir in the caster sugar, flour, baking powder, milk and vanilla until smooth. Microwave on high for 1 min-1 min 15 seconds until cooked through and a skewer inserted into the middle comes out clean. Set aside while you make the icing.
2 Combine the icing sugar with enough water to create a drizzly consistency, then spoon over the cake (it will melt a little with the heat of the sponge). Scatter over the sprinkles, if using, and serve.

PER SERVING 987 kcals • fat 28g • saturates 17g • carbs 165g • sugars 73g • fibre 5g • protein 14g • salt 0.9g

Microwave banana mug cake

MAKES 1 **PREP** 5 mins
COOK 1 min 30 seconds **EASY** V

1 banana, peeled
1 egg, beaten
1 tbsp vegetable or sunflower oil
½ tsp vanilla extract
3 tbsp maple syrup, plus extra for drizzling (optional)
4 tbsp plain flour
½ tsp baking powder
1 tbsp chopped pecans or chocolate chips (optional)

1 Cut 2 thin slices of banana from the centre of the fruit, set aside, then mash the rest.
2 Tip the mashed banana into a microwave-safe mug, then stir in the remaining ingredients, except the banana slices. Microwave on high for 1 min 30 seconds-2 mins until cooked through and a skewer inserted into the middle comes out clean. Cool for 1 min, then top with the banana slices and drizzle over maple syrup, if you like.

GOOD TO KNOW 1 of 5-a-day
PER SERVING 696 kcals • fat 17g • saturates 2g • carbs 116g • sugars 49g • fibre 4g • protein 16g • salt 0.8g

RIXOS MARINA ABU DHABI

PEOPLE'S
مطعم ذى بيبولز



OPENING HOURS

Lunch from 12:30pm to 5:30pm.
Dinner from 7:30pm to 11:30pm.

MAKE A RESERVATION

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Experience an enchanting selection of global flavours at the relaxed People's Restaurant. Expect a remarkable dining experience as the thoughtfully curated menu draws inspiration from the chefs' expeditions across the globe, taking diners through a memorable culinary journey. Indulge in freshly-prepared seafood dishes while relishing a Mediterranean dinner, accompanied by breathtaking views of Abu Dhabi's uninterrupted skyline and picturesque private beach.







DON'T MISS!
Savour signature Turkish delights

THE CUISINES

For lunch, guests can enjoy a laid-back dining experience with an à la carte menu that combines international flavours with traditional Turkish cuisine. From delectable appetizers to mouthwatering main courses, the menu caters to a wide range of tastes and preferences. As evening falls, the dining experience transforms into a Mediterranean seafood extravaganza to present a tantalising selection of dishes.

5 SIGNATURE DISHES



Grilled octopus



Shrimps "kısır"



Marinated sea bass



Muhammara



Shrimp casserole

COOK SMART

reduce waste

love your leftovers

Make the most of any surplus from our midweek meals



Three ways with cherry tomatoes



Focaccia

Make our easy focaccia dough, and after its second prove, press your fingers into the dough to make dimples. Drizzle over **5 tbsp olive oil**, scatter over a **handful of cherry tomatoes** and sea salt flakes, then bake for 20 mins at 220C/200C fan/gas 7. You can also top with **feta, olives** and **oregano**.



Prawn skewers

Marinate **300g peeled king prawns** in **2 tbsp olive oil** mixed with **2 crushed garlic cloves** and a handful of chopped soft herbs, such as **parsley** and **basil**, for 2 hrs. Thread onto skewers with **cherry tomatoes**. Cook in a hot griddle pan over a medium-high heat for 2-3 mins on each side until cooked through.



Arrabbiata

Fry **1 small onion**, chopped, **2 crushed garlic cloves** and **2 red chillies**, finely chopped, in **1 tbsp olive oil** until softened, about 10 mins. Stir in **1 tbsp tomato purée** and a **few cherry tomatoes**, halved, and simmer with a splash of water for 10-15 mins until thickened and reduced. Season well and serve with your favourite cooked **pasta**.

Black bean burritos

Spoon any leftover **tomato & black bean salad** into a **large tortilla**, warmed, along with **cooked chicken**, shredded, **cooked rice** and **grated cheddar**. Fold over the ends to enclose the filling and roll up to seal. Serve with **hot sauce**.

Tuna pasta salad

Bulk out any leftover **tuna & chickpea salad** by tossing with cooled **cooked pasta** – ideal for a quick lunch.

Avocado dressing

Peel, stone and halve the leftover **avocado** from the gazpacho, then tip into a food processor with **2 garlic cloves**, crushed, a **small bunch of coriander**, **1 chilli**, the **juice of 1 lime**, **2 tbsp olive oil**, a **pinch of cumin** and seasoning. Blitz until smooth. Drizzle over salad.

Smoky spring onion butter

Heat a dry frying pan over a high heat and fry any leftover trimmed **spring onions** (from the poke bowl and the gazpacho) for 5 mins, shaking the pan occasionally until the onions are charred all over. Remove to a chopping board and cool. Finely chop the cooled onions, then mix with **100g salted butter**, softened, until well combined. Tip onto a sheet of baking paper, roll into a log and chill until firm. Slice and melt over steak, or soften to spread on cheese toasties.

GOOD FOOD & SUSTAINABILITY At BBC Good Food, we seek realistic solutions to avoid food waste and packaging, and adhere to the three Rs: 1) Reducing food waste 2) Recycling packaging 3) Reusing food storage packaging and containers. To find out more, go to *bbcgoodfood.com/reduce-reuse-recycle*. Plus, listen to the Food Programme's inspiring Food Waste Pioneers broadcast about people who tackle food waste issues on BBC Radio 4.

Photos GETTY IMAGES

WEEKEND

Mouthwatering dishes to dig into with your family and friends



TOM KERRIDGE

Juiciest ever chicken, p48



SUMMER DESSERTS

ICE CREAM SUNDAYS, p72



SOW, GROW, GLOW

Summer begins, p51



SAVE SUNDAY LUNCH

Sizzling summer, p66



SEASONAL DISHES

Epic Summer salads, p60

NATURALLY EUROPEAN

Put some color in your cooking with French butter.



Michelin star chef at 28 years of age, we introduce **Chef Mathieu Pérou**

This young and accomplished chef has a fresh and sustainable approach to his menu at his Michelin Starred restaurant Le Manoir De La Régate; items are locally sourced or produced on-site. He says "For me it's important that the supplier has good quality ingredients because it reflects on what I do in the kitchen. If we don't have good quality ingredients, we will simply not have good dishes. What I love most about butter is the taste and texture it brings; it is a true flavor enhancer. I love using herbs and wildflowers that go perfectly with butter creating a delicious, infused sauce with butter as the base.

The Zander fish baked along with lots of butter baked in clay crust is one of his signature dishes and an ode to the golden ingredient.

CLAY BAKED FISH

Ingredients

100g butter
4 Zander filets (120g per piece)
200g white clay
Guérande flower sea salt

Preparation

Scale the fish, remove the guts and the eyes. Under a running cold water, rub the blood clots along the spine with a nail brush and a toothbrush. Dry the fish. Fillet the fish then remove the bones of the filets. Wax the zander with butter and season with guerande flower sea salt. Grease the baking paper and wrap the zander inside. Grease the work area, the rolling pin and spread the clay in a square shape (20 cm by 20 cm). Keep 1mm thick. Put the zander in the middle and fold the clay onto the zander. Seal the edges well by pressing with your fingers. Leave to rest for a few hours while the clay freezes. Decorate the clay using the edge of a knife, then put in the oven. Let cook for about 10 minutes at 130° then leave to rest for 10 minutes. Once cool break the clay crust. Gently take the zander out and dress it.

VEGETABLE GARDEN

Ingredients

2 sliced leeks
½ chopped onion
1 chopped shallot
300g spinach
1 bunch of flat leaf parsley
1 bunch of parsley
1 bunch of dill

Preparation

In a saucepan sweat the onion, shallot and add the leeks. Let them cook with a little water to keep the colour. Add the chopped spinach and chopped nettles (optional) and cook them a little. Remove from the heat, then add the chopped herbs.

WHITE BUTTER SAUCE

Ingredients

2 large grey shallots
10cl wine vinegar
80g cream
300g semi salted butter

Preparation

Finely chop the shallots and make them sweat without coloration for 2-3 minutes. Add the vinegar and reduce almost to dry. Add the cream and bring to a simmer. Over very low heat, mix the butter in gradually.



BUTTER of France

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ENJOY IT'S FROM EUROPE



SEASIDE specials

Inspired by warm summer days on British shores, we've updated familiar old treats with fresh ideas to transport you from your kitchen to the coast

recipes GOOD FOOD TEAM

photographs JONATHAN GREGSON

Food has a way of bringing back fond memories of childhood holidays. For many of us, those memories include family time by the sea. So, here, we've brought a few traditional seaside dishes up to date using seasonal coastal produce, helping you to relive those days, enjoying sandy picnics between rows of buckets and spades, or eating your favourite seaside snack on a windswept bench overlooking the sea.



Cook in the oven or air-fryer

Fish with salt & vinegar chips, pickle & dill mayo & minted crushed peas

For a quintessentially British seaside experience, you need to have fish and chips, but you don't necessarily need a deep-fat fryer – use the oven or air-fryer.

SERVES 4 **PREP** 25 mins plus drying
COOK 45 mins **EASY**

45ml rapeseed oil, plus extra for the racks
1kg floury potatoes (such as Maris Piper)
400ml malt vinegar
1 tbsp cornflour
2 tbsp olive oil
150g panko breadcrumbs
1 lemon, zested, then cut into wedges
small handful of parsley, finely chopped
100g plain flour
3 eggs, beaten
1 tbsp Dijon mustard
4 x 200-250g boneless, skinless white fish loin fillets (such as haddock or cod)

For the dill mayo
8 cornichons, finely chopped, plus a splash of the pickling liquid
small handful of dill, finely chopped
300g mayonnaise

For the minted crushed peas
350g fresh or frozen peas (defrosted if frozen)
25g butter
1 lemon, zested and juiced
small handful of mint leaves, finely chopped

1 Heat the oven to 230C/210C fan/gas 8. Put a rack on the bottom shelf of the oven to heat up. Pour the rapeseed oil into a roasting tin and put on the middle shelf to heat up. Meanwhile, cut the potatoes into 1cm-thick slices, then into 1cm-thick chips. Tip the chips into a large saucepan, pour over the vinegar and season with 2 tsp fine sea salt. Top up with water until the chips are fully submerged. Set the pan over a high heat and bring to the boil, cooking for 5 mins until the edges of the chips are tender. Drain well and leave to steam-dry in the colander for 10 mins. *Will keep chilled for up to a day.*

2 Sprinkle the cornflour over the chips and gently toss to combine using your hands. Carefully tip the chips into the hot oil in the roasting tin, shake into an even layer and bake for 30-40 mins until golden and cooked through.

3 Heat the olive oil in a non-stick pan over a medium heat, stir in the panko and cook until lightly browned, about 4 mins. Tip the panko into a bowl and stir in the lemon zest and parsley. Pour the flour into a shallow, wide bowl and season well. Whisk the eggs and mustard together in another wide bowl. Pat the fish fillets dry, then dip into the seasoned flour, then the egg mixture, then finally the panko to coat. Arrange the fish, well spaced apart, on an oiled rack over a second roasting tin. Move the chips to the lower shelf of the oven and put the fish at the top.

4 Meanwhile, for the dill mayo, combine all the ingredients in a bowl. Season well and chill until needed. *Will keep, covered and chilled, for up to two days.* Cook the peas in a pan of boiling water for 2 mins until tender, drain and immediately plunge into a bowl of cold water to halt the cooking process. Leave to cool for 5 mins, then drain again. Melt the butter in a saucepan over a medium heat and cook the lemon zest for 1 min until fragrant. Tip in the peas and lightly crush with the back of a spoon (you want to retain some texture), then stir in the mint, along with some lemon juice and seasoning to taste. Serve the fish, chips and peas with the dill mayo on the side.

GOOD TO KNOW folate • fibre • vit c • 1 of 5-a-day
PER SERVING 1,394 kcals • fat 85g • saturates 11g • carbs 98g • sugars 9g • fibre 10g • protein 55g • salt 2.2g

TO COOK IN THE AIR-FRYER

Heat the air-fryer to 200C. Prepare the chips up to the end of step one, then toss with the cornflour and 2 tbsp rapeseed oil. Cook for 25-30 mins, shuffling the basket now and then. Prepare the fish as described and, in the final 10 mins of cooking, put a wire rack insert over the chips in the air-fryer and lightly brush over some oil. Arrange the fish on the oiled rack and cook for 10-15 mins, depending on the thickness. (Depending on the size of the air-fryer, you may need to do this in batches.)



gf tip

For a milder vinegar taste, dilute it by mixing equal parts water and vinegar (half and half). If you like, use dried parsley with the breadcrumbs instead of fresh.

Chicken tikka pasties

There's nothing better than sitting on the beach, watching the waves crash onto the shore while enjoying a pasty. They're also easy to pack up and take with you – this one is inspired by the flavours of a chicken tikka slice.

MAKES 6-8 **PREP** 30 mins plus at least 20 mins cooling and chilling **COOK** 40 mins **EASY**

½ tbsp sunflower oil
1 onion, finely chopped
2 garlic cloves, finely grated or crushed
thumb-sized piece of ginger, peeled and finely grated
4 boneless, skinless chicken thighs, cut into small chunks
5 tbsp tikka curry paste
227g can chopped tomatoes
2 tsp light brown soft sugar
100ml double cream

For the pastry

350g plain flour, plus extra for dusting
175g cold unsalted butter, cut into cubes
1 tsp caraway seeds (optional)
1 tsp cumin seeds (optional)
1 egg yolk (freeze the white for another recipe), plus 1 beaten egg

1 Heat the oil in a frying pan over a medium heat and fry the onion until softened, about 6-8 mins. Stir in the garlic and ginger, and cook for 1 min more before stirring in the chicken pieces. Cook for 8-10 mins until the chicken is golden all over. Add the curry paste, stir, then mix in the chopped tomatoes and brown sugar. Cook for 10-12 mins until the liquid has reduced and you have quite a dry curry. Stir in the double cream and cook for 5 mins more until it has reduced slightly – you want a thick sauce, so it doesn't seep out of the finished pasty. Leave to cool.

2 To make the pastry, tip the flour into a food processor along with the butter, caraway and cumin seeds if using and pulse to fine crumbs. (You can also do this in a bowl by rubbing everything together using your fingertips.) Mix in the egg yolk and a splash of cold water, if needed, to bring the mixture into a dough. Wrap and keep chilled for 20 mins while the filling cools.

3 Heat the oven to 200C/180C fan/gas 6. Roll the chilled pastry out on a lightly floured surface until it's about ½cm thick. Stamp out discs using a 10-12cm pastry cutter, or use a small plate as a template and cut out with a knife. (You should get about eight in total.) Put a couple of spoonfuls of the filling over each pastry circle, just off-centre, then brush the beaten egg around the filling and fold the pastry over so the edges meet. Crimp the edges or seal with a fork (see below). Put on a baking tray, cut a few small slashes into the top of each pasty, brush over the remaining beaten egg and bake for 20-25 mins until crisp and golden brown. Cool slightly, then serve. *Will keep chilled for up to three days.*

PER SERVING (8) 493 kcals • fat 31g • saturates 17g • carbs 39g • sugars 4g • fibre 3g • protein 13g • salt 0.4g

gf tip

Use shop-bought shortcrust pastry to save time, if you like.

GUIDE TO THE PERFECT CRIMPING

1. Use a pastry brush to dampen the edges with a little water.
2. Fold one half of the pastry over the filling to meet the other side, so you have a semi-circle and the edges are neatly together.
3. Press down around the edge to seal, and use your index finger and thumb to twist the sealed edge slightly, crimping it along the length.
4. Once you've crimped the whole edge, tuck the end corners underneath to fully enclose the filling.
5. Bake as directed in the recipe, above.

Source for the guide to perfect crimping: CORNISHPASTYASSOCIATION.CO.UK



Seaside-style doughnuts

The aroma of freshly fried doughnuts evokes memories of days out by the sea, as does the joy of biting through their crisp outer into a warm, fluffy middle.

MAKES 40 PREP 20 mins
COOK 25 mins EASY V

2 eggs
300ml soured cream
400g self-raising flour, plus extra for dusting
1 lemon, zested (optional)
2 tbsp caster sugar, plus 75g for dusting
½ tsp bicarbonate of soda
40g butter, cut into cubes and slightly softened
vegetable oil, for deep-frying

1 Whisk the eggs and soured cream together in a jug and set aside. Tip the flour, lemon zest (if using), 2 tbsp sugar, the bicarb and a pinch of salt into a medium bowl, stir briefly to combine, then rub in the butter using your fingertips until the mixture resembles coarse breadcrumbs. Pour in the soured cream mixture and bring together into a dough using a cutlery knife.
2 Turn the dough out onto a floured surface. Knead briefly until you have a cohesive dough with no dry streaks of flour. Lightly flour the top of the dough, then gently pat down until it's about 2.5cm thick. Stamp out doughnuts using a 3.5cm round cutter, re-rolling the offcuts until you have about 40 doughnuts.
3 Fill a medium saucepan no more than a third full of oil. Heat over a low heat to 180C, or until a cube of bread dropped in sizzles and browns within 30 seconds. Tip the 75g sugar into a shallow bowl. Set aside.
4 Carefully lower the doughnuts into the hot oil and fry for 3-4 mins until golden and cooked through, gently moving them around using a fish slice or slotted spoon so they are evenly coloured. Transfer to a wire rack set above a sheet of kitchen paper to drain, then, while still hot, toss in the bowl of sugar to coat. If you like, divide between paper bags before serving. *Best served the day they're made.*

PER SERVING 92 kcals • fat 5g • saturates 2g • carbs 11g • sugars 3g • fibre 0.4g • protein 2g • salt 0.2g

DIPPING DOUGHNUTS

Transform the doughnuts into a dinner party dessert with a selection of sauces:

Berry sauce

Blitz your favourite **frozen berries** with a few tablespoons of **icing sugar** to make a fruity berry coulis.

Tangy caramel sauce

Mix **tamarind paste** into shop-bought **caramel sauce**.

Choco-nut sauce

Melt **dark chocolate**, **peanut butter** and a **knob of butter** together in a heatproof bowl over a pan of simmering water (ensuring the bowl doesn't touch the water), or do this in short bursts in the microwave.



British seaside spaghetti

While there's a Mediterranean feel to this dish, the combination of homegrown mussels and malty hop gives it a distinct and punchy flavour.

SERVES 4 **PREP** 20 mins
COOK 20 mins **EASY**

300g spaghetti
3 tbsp cold-pressed rapeseed oil
1 onion, finely chopped
30g flat-leaf parsley, leaves picked and roughly chopped, stalks finely chopped
3 garlic cloves, finely chopped
150g cherry tomatoes, halved
500g British mussels, cleaned and beards removed (discard mussels that don't close when tapped)
150g raw king prawns
175ml British pale ale (ensure it's not too dark or hoppy)
90g samphire
1 lemon, zested and juiced
25g unsalted butter

1 Cook the spaghetti in a pan of boiling salted water following pack instructions until just tender, with a little bite. Drain well, reserving a large mugful of the cooking water. (If the pasta clumps together while draining, pour over a little of the reserved water and gently shake apart using tongs.)

2 When the pasta has about 5 mins left, heat the rapeseed oil in a large, deep frying pan over medium heat. When the oil is shimmering, cook the onion, parsley stalks and a pinch of salt for 8-10 mins until softened and golden.

3 Add the garlic and tomatoes, and cook for 2-3 mins more. Tip in the mussels and prawns, turn up the heat to high and cook for 2 mins. Carefully pour in the ale (it should bubble up considerably), then cover with a lid and turn the heat down slightly. Cook for 3 mins, or until all the mussels have opened (discard any that remain closed) and the prawns are pink. Add the samphire, cooked spaghetti and remaining pasta cooking water, the parsley leaves, lemon zest and juice, and butter. Toss well to combine and season to taste. Serve directly from the pan, or tip onto a serving platter.

GOOD TO KNOW low cal • fibre • vit c • 1 of 5-a-day
PER SERVING 497 kcals • fat 16g • saturates 4g • carbs 62g • sugars 7g • fibre 6g • protein 21g • salt 1.4g

Shoot director RACHEL BAYLY | Food stylist KATIE MARSHALL | Stylist JO HARRIS



Neapolitan frozen cheesecake

While Neapolitan ice cream was originally made using cherry and pistachio gelato to reflect the Italian flag, it evolved to feature mainstream chocolate and strawberry flavours. Here, we nod to the original with cherries on top.

SERVES 12 **PREP** 45 mins plus chilling and at least 3 hrs freezing
NO COOK EASY V ❄

sunflower or vegetable oil, for the tin
250g bourbon biscuits
100g butter, melted
800g full-fat soft cheese
400ml double cream
250g icing sugar
3 tsp vanilla extract
drop of pink food colouring gel
12 maraschino cherries and sprinkles, to serve

1 Lightly oil a deep 20cm loose-bottomed cake tin and line the side with baking parchment. Tip the biscuits into a food processor and blitz to a powder, then add the melted butter and blitz again to combine. Alternatively, bash the biscuits in a large bowl using the end of a rolling pin, then mix in the butter. Tip the buttery crumbs into the prepared tin and firmly press down with a spoon into an even base. Chill in the freezer for 10 mins while you make the filling.

2 Combine the soft cheese, 200ml of the cream, 200g of the sugar and the vanilla extract in a bowl using an electric whisk. Beat for 2-3 mins until the mixture has a thick, spreadable consistency. Divide between two bowls and stir a drop of pink food colouring into one until it is an even shade of pink. Put the pink cheesecake mixture in the fridge, then scrape the plain mixture into the tin, spreading it gently to the edge and levelling the surface. Freeze for at least 1 hr, or up to a day.

3 Stir the pink cheesecake mixture, then pour it over the set plain layer and return to the freezer for another 2 hrs, or until you're ready to serve. *Will keep frozen for up to a month.*

4 Remove the cheesecake from the freezer 30 mins before serving. After 10 mins, you should be able to slide a fish slice between the biscuit base and the tin, and carefully lift the cheesecake onto a plate or cake stand, removing the parchment. Whisk the remaining 200ml cream and remaining 50g icing sugar to soft peaks, then transfer to a piping bag fitted with a large star nozzle and pipe 12 rosettes around the edge of the cheesecake. Top each with a cherry and a pinch of sprinkles. *You can serve the cheesecake completely defrosted as well as slightly frozen – it will hold its shape well. Will keep chilled for two days.*

PER SERVING 583 kcals • fat 45g • saturates 29g • carbs 37g • sugars 28g • fibre 1g • protein 5g • salt 0.7g





TOM KERRIDGE

JUICIEST EVER CHICKEN

Discover the secret to succulent roast chicken using Tom's foolproof brining method, plus a canny bit of kit

photographs ISSY CROKER

I've roasted more than a few chickens in my time, and I can tell you that the key to hitting that sweet spot of crispy skin and succulent meat is brining. You might think that giving a chicken a bath in salty water is more effort than it's worth, but I urge you to give it a go. Some chemical magic happens in that water – the salt in the brine penetrates the meat while locking in moisture, and results in a juicy, flavourful bird. You can add flavourings to the brine for added oomph, too. I've chosen bay, mustard seeds, peppercorns and lemon. Another clever trick is to cook your chicken perched on a non-alcoholic beer can. I know this might look like a gimmick, but there's method in the madness. The non-alcoholic beer can is essentially a trivet that holds the chicken upright to ensure it cooks evenly, and the non-alcoholic beer gently steams it from the inside. The added bonus is crispy skin all the way round.

Our contributing editor Tom Kerridge is a BBC presenter, chef-owner of restaurants in London and Marlow and cookbook author. You can also listen to Tom on the BBC Good Food Podcast at *bbcgoodfood.com/podcast*. *@ChefTomKerridge*



Non-alcoholic beer can chicken

SERVES 4-6 **PREP** 15 mins plus at least 16 hrs chilling, brining and drying **COOK** 1 hr-1 hr 20 mins **MORE EFFORT**

1 large chicken (about 2kg)
440ml can non-alcoholic beer (gluten-free, if needed)

For the brine
300g salt
150g caster sugar
4 bay leaves
1 tbsp mustard seeds
1 tsp black peppercorns
2 unwaxed lemons, sliced

For the rub
50ml olive oil
3 tbsp maple syrup
2 tsp cayenne pepper
2 tsp ground cumin

1 Put all the brine ingredients, except the lemons, in a large saucepan with 3.5 litres water. Bring to the boil, stirring to dissolve the salt and sugar. Transfer to a bowl or container that will fit the liquid and the chicken, add the lemon slices and leave to cool completely. Cover and chill for at least 2-3 hrs.

2 Put the chicken in the brine, making sure it's fully submerged. Cover and chill overnight (about 8 hrs, but no more than 12 hrs or the chicken will become too salty).

3 The next day, lift the chicken out of the brine and pat dry using plenty of kitchen paper. Put on a rack in a large roasting tin and chill, uncovered, for another 6-8 hrs to dry out the skin so it crisps up in the oven. Take the chicken out of the fridge 30 mins before cooking.

4 Adjust the shelving in your oven to ensure you can fit the chicken inside, stood up, on a tray. Heat the oven to 200C/180C fan/gas 6. Mix the rub ingredients together in a bowl along with 2 tsp salt and 1 tsp freshly ground black pepper. Rub all over the chicken. Pour half the non-alcoholic beer from the can into a jug, then put the half-full can in the middle of a deep baking tray. Sit the chicken on top of the can so that it slots inside the cavity of the chicken.

5 Carefully transfer the chicken to the oven and cook for 1 hr-1 hr 20 mins, checking every 15 mins to ensure it hasn't toppled over. If it has, remove from the oven, refill the can with the reserved non-alcoholic beer, reposition the chicken and put back in the oven. The chicken is cooked when a meat thermometer inserted in the thigh area near the breast (not touching the bone) is 70C, or the juices run clear when the same area is pierced with a skewer. If it's not fully cooked, roast for another 10 mins, then check again. Lift the chicken from the can, cover loosely with foil, and rest in a warm place for 10 mins, then serve.

GOOD TO KNOW gluten free
PER SERVING (6) 581 kcals • fat 36g • saturates 9g • carbs 8g • sugars 7g • fibre 0.2g • protein 57g • salt 4.7g

The non-alcoholic beercan is essentially a trivet that holds the chicken upright to ensure it cooks evenly, and the beer gently steams it from the inside

5 MORE IDEAS

- **Fire up the BBQ** non-alcoholic beer-can chicken works a treat on the BBQ – just make sure it's deep enough to hold the chicken with the lid on before you heat it up.
- **Mix up the flavourings** Replace the rub with a jerk spice blend. It works well with the flavour of the non-alcoholic beer.
- **Non-alcoholic beer-can chicken & slaw sandwich** Shred any leftover chicken and serve between **2 thick slices of tiger bread** and some **mustardy slaw**.
- **Ditch the non-alcoholic beer can** If you can't fit the beer can and chicken in the oven or BBQ, you can roast the brined chicken on a baking tray, or spatchcock it and cook on the BBQ. You can learn how to spatchcock a chicken at *bbcgoodfoodme.com*.
- **Brine your turkey** You can use a similar method to prepare turkey – find foolproof recipes online at *bbcgoodfoodme.com*.

Shoot director FREDDIE STEWART | Food stylist KATIE MARSHALL | Stylist FAYE WEARS



sow grow glow

Sow, grow, glow: summer begins

Asparagus, broad beans and rhubarb are among a glut of new season's produce that we're showcasing in pies, one-pots and even a fruity tipple. Plus, **Emma Crawforth** of BBC Gardeners' World offers advice on what to sow

recipes SAMUEL GOLDSMITH & HELENA BUSIAKIEWICZ ***photographs*** SEAN CALITZ

THE BENEFITS OF GROWING YOUR OWN

Discover the satisfaction of nurturing produce from seed to plant, then turning your homegrown harvest into something delicious. As well as lowering your shopping bills, garden-fresh fruit and veg is more nutrient-rich than shop-bought, and only picking what you need reduces waste. Plus, being outdoors or losing yourself in a kitchen project can improve your sense of well-being.

You can find out more at: *bbcgoodfoodme.com*

Leftover gooseberry juice makes a tangy addition to smoothies or porridge

In season now
GOOSEBERRIES

Gooseberry buckle cake

SERVES 8 **PREP** 15 mins plus at least 30 mins chilling and cooling
COOK 1 hr 10 mins **EASY** V

200g unsalted butter, softened, plus extra for the tin
200g golden caster sugar
1 tsp vanilla extract
3 eggs
200g plain flour
2 tsp baking powder
50g ground almonds
100ml soured cream
For the crumble topping
60g plain flour
50g cold unsalted butter, cut into cubes
60g golden caster sugar
60g porridge oats
25g flaked almonds
For the gooseberry filling
500g fresh or frozen gooseberries (see tip below; a mixture of green and pink if available)
2 tbsp caster sugar

1 For the filling, combine the gooseberries and sugar in a bowl, lightly crushing the berries. Set aside to macerate.
2 To make the crumble topping, rub the flour and butter together in a small bowl until the mixture resembles breadcrumbs. Stir in the sugar, oats and almonds, and bring together into a loose dough using your hands. Chill for at least 30 mins, or up to a day.
3 Heat the oven to 180C/160C fan/gas 4. Butter a 23cm loose-bottomed cake tin and line with baking parchment. Beat the butter, sugar and vanilla together using a stand mixer or electric whisk until light and fluffy. Beat in the eggs, one at a time, adding a spoonful of flour in between each addition to prevent the mixture from curdling. Fold in the rest of the flour, the baking powder, ground almonds and soured cream to combine. Spoon into the tin, followed by the gooseberry filling. Scatter the crumble topping over the surface to cover the filling, and bake for 1 hr-1 hr 10 mins until a skewer inserted into the middle comes out clean. If the cake browns too quickly, cover it with foil for the final 15 mins. Leave to cool completely in the tin, then chill until just cold to make slicing easier. *Will keep in an airtight container for up to three days.*

GOOD TO KNOW vit c
PER SERVING 676 kcals • fat 36g • saturates 19g • carbs 75g • sugars 44g • fibre 4g • protein 10g • salt 0.4g

gf tip
Tip frozen gooseberries into a sieve set over a bowl and defrost in the fridge overnight. This ensures the cake doesn't become soggy. Leftover gooseberry juice makes a tangy addition to smoothies or porridge.



SOW AND GROW
plan ahead

- Grow gooseberries in moist but well-drained, fertile soil, in full sun. Prune the bushes to maintain a 'goblet' shape, and mulch in autumn with compost, manure or leaf mould. Plant bare-root gooseberries in spring or autumn.
- Most gooseberries are ready to pick from June to August, but to ensure good-sized berries, thin out the bunches earlier, when the fruits are the size of a pea. These thinned-out fruits are great for stewing.

Find the full guide at: *gardenersworld.com/how-to/how-to-grow-gooseberries*



In season now
BROAD BEANS

Broad bean hummus with za'atar & sesame crackers

SERVES 4 **PREP** 40 mins
COOK 15 mins **EASY** V

500g fresh or frozen broad beans
1 small garlic clove, finely grated
2 tbsp tahini
1 lemon, juiced
3 tbsp extra virgin olive oil, plus extra for drizzling

For the crackers
400g plain flour, plus extra for dusting
2 tsp light brown soft sugar
3 tbsp olive oil
2 tbsp za'atar
2 tbsp mixed sesame seeds, plus extra to serve

1 Cook the broad beans in a large pan of boiling salted water for 2-3 mins until tender. Drain well and rinse under cold running water to halt the cooking process. Remove the white skins from the beans, then tip the beans into a food processor with the garlic, tahini, lemon juice and olive oil. Season well, then blend on medium speed, adding a splash or two of water until the mixture is creamy and smooth. Transfer to a serving bowl or plate and set aside.

2 Heat the oven to 200C/180C fan/gas 6. For the crackers, combine the flour, sugar and 1 tsp salt in a large bowl, and make a well in the centre. Mix the olive oil with 225ml water, then slowly pour this into the well, stirring continuously with a wooden spoon. Mix to a shaggy dough, then bring the dough into a ball using your hands. Turn out onto a lightly floured surface, knead for 5 mins until smooth, then cut in half. Roll out one half on a large sheet of baking parchment into a thin 45 x 50cm rectangle – the thinner it is, the crispier the crackers will be. Repeat with the second half on a second sheet of parchment.

3 Transfer the dough rectangles, on their baking parchment, to baking sheets. (If you prefer, cut the dough into triangles and arrange on lined baking sheets.) Brush the dough lightly with water, then sprinkle over the za'atar, sesame seeds and some sea salt. Bake for 12-15 mins until lightly golden with a few bubbles at the edges. Leave to cool, snap the rectangles into rough crackers. *Will keep in an airtight container for a week*. Drizzle more oil over the hummus, sprinkle over the extra sesame seeds, then serve with the crackers for scooping.

GOOD TO KNOW fibre • vit c • iron • 1 of 5-a-day
PER SERVING 694 kcals • fat 27g • saturates 4g • carbs 86g • sugars 4g • fibre 15g • protein 19g • salt 1.4g



SOW AND GROW
plan ahead

- Sow broad beans outside in spring or autumn 20cm apart, in rows that are 60cm apart. Harvest when the beans show in the pod for the most tender beans.
- Hardy varieties, such as Aquadulce Claudia, can be sown in autumn for an early crop the following May. Spring sowing is more reliable, especially in heavy clay soil, which can lead to the seed rotting before germinating. Sow in March or April for harvesting in summer.

Find the full guide at: *gardenersworld.com/how-to/how-to-grow-broad-beans*



In season now
ASPARAGUS

Salmon & asparagus one-pot gratin

SERVES 4 **PREP** 10 mins
COOK 25 mins **EASY**

30g dried breadcrumbs
2 parsley sprigs, leaves picked and chopped
100g parmesan
1 tsp olive oil
25g unsalted butter
1 red onion, finely chopped
1 garlic clove, crushed or finely grated
300ml double cream
100ml milk
500g asparagus, trimmed and halved
4 skinless salmon fillets

1 Heat the oven to 200C/180C fan/gas 6. Combine the breadcrumbs, parsley and 25g parmesan, then set aside. Heat the oil and butter in a large flameproof casserole over a medium heat and fry the onion for 5 mins until starting to soften. Stir in the garlic, and cook for 1-2 mins more to soften slightly, then stir in the cream, milk and remaining parmesan. Bring to a simmer and cook until the cheese has melted, then season well, stir and remove from the heat.

2 Tip in the asparagus and ensure it is submerged in the sauce. Nestle in the salmon fillets, skin-side down. Scatter the cheesy breadcrumb mixture over the salmon fillets, then transfer to the oven and bake for 14-16 mins until the salmon is cooked through and the breadcrumb topping is lightly golden.

GOOD TO KNOW calcium • folate • omega-3 • 1 of 5-a-day
PER SERVING 921 kcals • fat 73g • saturates 37g • carbs 17g • sugars 8g • fibre 4g • protein 47g • salt 0.9g

SOW AND GROW
plan ahead

- Asparagus grows best in light, well-drained soil. If you have heavy soil, create a raised bed. Choose an open, sunny spot that's prepared with organic matter and is free from weeds.
- Asparagus can be raised from seed, but it's best to plant year-old dormant 'crowns' in March. (Some varieties can be planted in autumn.) Ensure newly planted crowns are well-watered and weed-free. Let them develop plenty of foliage so they can become established. Don't harvest asparagus in the first two years – harvesting before the third season will weaken the plants.

Find the full guide at: *gardenersworld.com/how-to/how-to-grow-asparagus*

Shoot director RACHEL BAYLY | Food stylist PHIL MUNDY | Stylist MAX ROBINSON
Additional photos JANINA LUETJE / EYEEM / GETTY





In season now RHUBARB

Rhubarb non-alcoholic vodka

MAKES about 1.2 litres
PREP 5 mins plus 2 months infusing
NO COOK EASY V

800g rhubarb, thickly sliced
1 litre non-alcoholic vodka
250g caster or granulated sugar
1 vanilla pod, halved lengthways (optional)

1 Put the rhubarb in a 2-litre sterilised preserving jar or bottle, then pour in the non-alcoholic vodka and sugar. Add the vanilla pod, if using.
2 Mix until the sugar has dissolved, then seal the jar or bottle and leave to infuse in a cool, dark place for two months. Strain through a muslin cloth or fine sieve and decant into a bottle before using. *Will keep in a cool, dark place for up to six months.*

GOOD TO KNOW vegan • gluten free
PER SERVING (25ml) 65 kcals • fat none • saturates none • carbs 5g • sugars 5g • fibre none • protein none • salt none

SOW AND GROW
plan ahead

- Rhubarb is easy to grow, producing masses of stalks each year. Plant rhubarb from October to April, and harvest from March to July. Plant in fertile, free-draining soil with organic matter, such as horse manure, and allow plenty of space around the plant so it can spread out. Despite being a stem, rhubarb is eaten like a fruit, and yields an early crop. By forcing rhubarb in late winter, you can be harvesting stalks as early as March.
- Only the stalks are edible – never eat the leaves, as these are extremely poisonous (you can, however, compost them).

Find the full guide at: *gardenersworld.com/how-to/how-to-grow-rhubarb*

GREAT TO GROW IN SUMMER



Emma Crawforth is a qualified horticulturist, trained at the Royal Botanic Gardens, Kew, and is the gardening editor for BBC Gardeners' World. Here, she shares more advice on what to grow this month.

Pak choi



This leafy vegetable provides crisp texture and fresh taste to salads and stir-fries. It's similar in taste to a cross between cabbage and spinach. Sow direct in shallow drills or pots. This is also a good time to plant out young pak choi sown last month.

Spring onions



These can be sown from March to August, followed by successional sowings every few weeks to ensure a continuous crop. Sow direct into shallow drills – spring onions also do well in pots, but they do need a lot of moisture.

Broccoli



Late sprouting broccoli cultivars and calabrese can be sown in June. Sow direct in well-prepared soil or multi-celled trays to plant out later. You can now also plant out broccoli and calabrese plants sown last month.

Kohlrabi



With a swollen stem, kohlrabi is a brassica that's eaten like a turnip. It brings a cabbage-like note to dishes, and has a nutty flavour if eaten raw. Sow rows of kohlrabi direct into the soil fortnightly from now until autumn. Thin the plants to around 8cm apart, and water well for a succulent harvest around eight weeks after sowing.

Pumpkins



Early June is your last chance to sow pumpkins, to ensure they have plenty of warm days to develop in size and flavour. Remember to choose your seeds wisely: large pumpkin cultivars are often bred for size alone, so if you're growing pumpkins to eat, choose one with good flavour. Sow direct into fertile soil or individual pots to plant out later.

- For more seasonal recipe ideas, go to: *bbcgoodfoodme.com*



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SEASONAL DISHES

EPIC SUMMER SALADS

If you're entertaining al fresco or simply want to celebrate summer produce, these recipes from **Zena Kamgaing** deliver layers of fresh flavour

photographs TOM REGESTER



Zena Kamgaing is a cook, recipe developer and content creator. She shares bold, flavourful recipes influenced by cuisines from all over the world on her Instagram and TikTok *@zenaskitchen*



Marinated tomato salad



Sticky aubergine & tomato salad



Sichuan duck & watermelon salad

Sticky aubergine & tomato salad

SERVES 4 **PREP** 15 mins plus marinating **COOK** 30 mins **EASY** **V**

2 aubergines (around 450g), quartered lengthways
2½ tbsp vegetable oil
500g heritage tomatoes, chopped into chunks
1 small red onion, thinly sliced
2 tbsp rice vinegar
2 tbsp extra virgin olive oil
20g bunch of coriander, finely chopped

For the dressing
60ml rice vinegar
30ml soy sauce
30ml honey
2 large garlic cloves, finely grated

1 Heat the grill to medium-high. Put the dressing ingredients in a small saucepan and bring to a simmer over a medium-high heat. Reduce the heat to medium-low and simmer for 2 mins, then remove from the heat and set aside.
2 Season the aubergine slices with salt and pepper and brush over the vegetable oil. Arrange in a single layer on a baking tray and grill for 10 mins until dark golden brown and beginning to blacken.
3 Heat the oven to 200C/180C fan/gas 6. Put 4 tbsp of the dressing into a small bowl and set aside. Brush the aubergine slices with a third of the remaining dressing and roast for 5 mins. Repeat and roast for a further 5 mins. Brush with the remaining dressing and roast for a final 5 mins, then set aside to cool.
4 Put the tomatoes in a bowl with the red onion, rice vinegar, olive oil, the reserved 4 tbsp dressing and half the coriander, then season with salt and pepper and toss to coat. Leave to stand for 10 mins.
5 To serve, arrange the tomato salad on a platter, top with the sticky aubergine slices and scatter over the remaining coriander.

GOOD TO KNOW vit c • 2 of 5-a-day
PER SERVING 226 kcals • fat 13g • saturates 1g • carbs 22g • sugars 19g • fibre 5g • protein 3g • salt 1.2g

Marinated tomato salad

SERVES 4 **PREP** 10 mins plus cooling and marinating **COOK** 5 mins **EASY** **V**

500g heritage tomatoes, chopped into equal-sized pieces
250g ricotta
1 lemon, zested
½ bunch of chives (around 10g), finely chopped

For the dressing
4 tbsp vegetable oil
15g chopped mixed nuts
2 large garlic cloves, finely grated
5g ginger, peeled and grated
1 tsp chilli flakes
2 tbsp rice vinegar
2 tbsp soy sauce
1 tbsp sugar

1 For the dressing, heat the oil in a small saucepan over a medium heat and fry the mixed nuts for 2 mins until golden. Stir in the garlic, ginger and chilli flakes, and cook for 1 min more.
2 Remove the pan from the heat and carefully add the rice vinegar, soy sauce and sugar, stirring to combine. Leave to cool for 15 mins.
3 Put the tomatoes in a large bowl and add half the dressing, season with salt and pepper, then toss to coat. Set aside to marinate for at least 30 mins, or up to 1 hr.
4 Just before serving, tip the ricotta and lemon zest into a bowl. Season with salt and pepper and whisk for 1 min, or until smooth and creamy.
5 Spread the whipped ricotta onto a large plate. Pile the marinated tomatoes on top, discarding any excess marinade. Top with the chopped chives and serve with the reserved dressing drizzled over.

GOOD TO KNOW vit c • 1 of 5-a-day
PER SERVING 281 kcals • fat 20g • saturates 5g • carbs 16g • sugars 14g • fibre 2g • protein 8g • salt 1.2g

Sichuan duck & watermelon salad

SERVES 2 **PREP** 15 mins plus resting **COOK** 25 mins **EASY**

2 duck breasts
1 cucumber
4 spring onions, thinly sliced
300g watermelon chunks
handful of coriander (about 15g), roughly chopped

For the dressing
½ tsp Sichuan peppercorns
½ tsp chilli flakes
1 garlic clove, finely grated
5g ginger, peeled and finely grated
2 tbsp vegetable oil
2 tbsp soy sauce
2 tbsp rice vinegar
2 tbsp honey

1 First, make the dressing. Crush the peppercorns using a pestle and mortar until finely ground. Mix in the chilli flakes, garlic and ginger.
2 Heat the vegetable oil in a small saucepan over a medium-high heat for 1 min, then carefully pour the hot oil into the peppercorn mix. Add the soy sauce, rice vinegar and honey and stir well to combine, then set aside.
3 Heat the oven to 200C/180C fan/gas 6. Pat the skin of the duck breast dry using kitchen paper, then score the skin and season with salt on both sides.
4 Lay the duck skin-side down in a hot, dry, non-stick pan set over a medium heat. Cook undisturbed for 5 mins, until the skin is golden brown and crisp. Turn and cook for 1 min more, then transfer to a baking tray. Roast for 10 mins for pink, or longer if you prefer. Transfer to a chopping board to rest for 10 mins, then slice into thin strips.
5 Gently bash the cucumber with a rolling pin until it breaks up into large pieces, then chop these into bite-sized pieces. Transfer to a large bowl along with the spring onions, watermelon, coriander and some seasoning. Add all but 2 tbsp of the dressing, and toss to coat.
6 Transfer the salad to a platter and top with the duck slices. Drizzle the remaining dressing over, then serve.

GOOD TO KNOW vit c • 3 of 5-a-day
PER SERVING 694 kcals • fat 48g • saturates 11g • carbs 42g • sugars 39g • fibre 3g • protein 22g • salt 2.4g

Shoot director FREDDIE STEWART | Food stylist ELLIE JARVIS | Stylist AGATHÉ GITS

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SAVE SUNDAY LUNCH

SIZZLING SUMMER

Make fresh seasonal produce the star of your next barbecue with these simple, low-cost recipes from cook and author **Ed Smith**

photographs ELLA MILLER



Ed Smith is an award-winning cook and author of *Welcome to Our Table*, a children's cookbook about how food is cooked and eaten around the world. His latest book, *Crave*, is out now. @rocketandsquash



I like to barbecue as often as possible over the summer, and not just for parties and gatherings. You could scale up any of the dishes here to suit those bigger events, but this menu is nicely contained and neatly feeds my small family. Some of the ingredients are shared between recipes to avoid waste (the buttermilk, lemon and almonds, for example). And, although there are a few stages to each one, everything is quick to prepare and often just requires assembly. The cooking can be done in a small to medium barbecue. To time things right, put the sweet potatoes in the embers when the coals are nearly at white-hot cooking stage, then put a grill on top and char the peaches before cooking the chicken. You could also add some shop-bought flatbreads and/or oven chips to the mix.

Paprika buttermilk chicken & courgette skewers

Brining chicken in buttermilk is an excellent way to ensure these skewers remain succulent, rather than burnt on the outside and undercooked in the centre.

SERVES 4 **PREP** 30 mins plus at least 2 hrs chilling **COOK** 15 mins **EASY**

200ml buttermilk
1¼ tsp sweet smoked paprika
½ tsp Aleppo pepper
800g skinless, boneless chicken thighs, quartered
2 courgettes, trimmed
½ lemon, juiced

You'll also need

4 metal skewers (or soak wooden skewers in water for 30 mins before using)

1 Combine 150ml of the buttermilk with 1 tsp of the paprika, the Aleppo pepper and 1/4 tsp sea salt flakes. Add the chicken pieces, mix well to coat and chill for 2 hrs, or overnight.
2 Meanwhile, slice the courgettes lengthways into 8-12 thin ribbons each using a vegetable peeler. Sprinkle over 1/4 tsp sea salt flakes and leave to soften for 15-30 mins.
3 Combine the remaining 50ml buttermilk and paprika with the lemon juice in a small bowl or jug. Set aside.
4 Alternately thread the chicken and courgette ribbons, folding them in a concertina effect onto the skewers – each skewer should have a quarter of the chicken on it. Cook on the barbecue over a moderate heat or ashen coals for 10-15 mins, turning regularly to ensure they char but don't burn (or see tip, right, to cook indoors). The skewers are ready when the meat is firm to the touch.
5 Transfer the skewers to a platter and brush or spoon over the buttermilk dressing to serve.

GOOD TO KNOW folate • vit c • gluten free
PER SERVING 330 kcals • fat 17g • saturates 5g • carbs 4g • sugars 4g • fibre 1g • protein 40g • salt 1.2g

gf tips

• To cook the skewers indoors, put them on a baking tray and cook under a hot grill for 15 mins on each side.

• If you can't find buttermilk, you can make your own. Find the recipe at: *bbcgoodfoodme.com/recipes/homemade-buttermilk*

Ember-baked sweet potatoes with tahini & flaked almonds

This simple side is fairly hands-off until the last minute, so it's ideal for low-key barbecues.

SERVES 4-6 as a side **PREP** 5 mins **COOK** 40 mins **EASY** **V**

4 sweet potatoes (about 200g each)
½ lemon, juiced (about 2 tbsp)
60g tahini
50g salted butter
handful of coriander, roughly chopped
25g flaked almonds, toasted

1 Tightly wrap each sweet potato in foil and, when the coals start to turn white, carefully tuck them into the embers to cook for 30-40 mins until softened. You can char the peaches for the first 5-8 mins of this time, then cook the chicken for the final 10-15 mins. (Or, see tip, below, for alternative cooking methods.)
2 Meanwhile, measure the lemon juice and tahini into a small bowl, and whisk until you have a stiff paste. Whisk in 4-5 tbsp cold water, a tablespoon at a time, until the sauce is the consistency of double cream.
3 When the potatoes are ready, slice open and top with the butter. Transfer to serving dishes and spoon over the tahini sauce, then top with the coriander and flaked almonds.

GOOD TO KNOW 1 of 5-a-day • gluten free
PER SERVING (6) 279 kcals • fat 15g • saturates 6g • carbs 27g • sugars 14g • fibre 6g • protein 5g • salt 0.5g

gf tips

• If your barbecue is not big enough to hold the sweet potatoes in the embers while cooking the other components, you can microwave them until tender (about 6-8 mins), but do not wrap in foil. Finish on the grill of the barbecue for 5-10 mins before serving – this will crisp up the skins and impart a smoky flavour.

• If you have a gas barbecue, wrap the potatoes in foil and cook over a medium heat, covered with the lid, for 40 mins.

Wedge salad with soy seeds & quick-pickled dill cucumbers

The salty, umami-heavy crunch of the soy seeds beats a classic bacon garnish any day.

SERVES 4 **PREP** 15 mins **COOK** 5 mins **EASY** **V**

75ml white wine vinegar
1 tbsp caster sugar
¼ tsp ground turmeric
1 tsp finely chopped dill
1 large cucumber, thinly sliced into 1-2mm-thick rounds
1 iceberg lettuce, halved through the core, each half cut into 5 wedges

For the seeds

75g mixed seeds
1 tsp caster sugar
1 tbsp light soy sauce

For the dressing

100ml buttermilk
3 tbsp Greek-style yogurt
½ tsp Dijon mustard
1 small garlic clove, finely grated
1 tbsp finely chopped dill
2 tbsp liquid from the quick-pickled cucumbers (see above)

1 Combine the vinegar, sugar, turmeric, dill and 1/2 tsp sea salt in a medium non-reactive bowl, whisking to dissolve the sugar and salt. Add the cucumber slices, mix well and leave to pickle for 10 mins. Check the cucumber slices are still submerged, and if not, weigh down with a plate. Leave to continue pickling for a further 30 mins.
2 Toast the seeds in a dry, heavy-based pan over a medium heat for 4-5 mins, shuffling the pan often until the seeds begin to colour and pop. Add the sugar, then stir, turn off the heat, pour in the soy sauce, mix well and pour out onto a large plate to cool. Break up any clumps using a fork and store in an airtight container until needed. *Will keep for up to a week.* Combine all the dressing ingredients in a bowl or jug, and season well.
3 Arrange the lettuce wedges in a serving bowl and spoon over half the dressing. Scatter over the pickled cucumbers, then spoon over the rest of the dressing and the seeds.

GOOD TO KNOW folate • 2 of 5-a-day
PER SERVING 208 kcals • fat 13g • saturates 4g • carbs 12g • sugars 9g • fibre 4g • protein 9g • salt 1g

Shoot director EMMA WINCHESTER | Food stylist LIBBY SILBERMANN | Stylist LAUREN MILLER

SAVE SUNDAY LUNCH

Our GF Nation Survey showed that the energy crisis is putting the traditional Sunday roast at risk, because many of us prefer not to switch on the oven. But getting together to share a meal doesn't have to cost the earth. BBC Good Food's Save Sunday Lunch campaign is our way of keeping this tradition alive, with budget-friendly, energy-efficient recipes and ideas from Good Food's diverse community of food lovers for everyone to enjoy together at the weekend. Find more affordable recipes at *bbcgoodfood.com*.



Charred & smoky peach sundae

This always goes down well – it's really just an assembly of pleasing ingredients. You can try to be all cheffy when plating, or treat it as a DIY dessert. Any leftover purée can be used as an ice cream or yogurt topper on another day.

SERVES 4 **PREP** 10 mins
COOK 10 mins **EASY** V

415g can peach halves in juice or light syrup
200g frozen raspberries
4 scoops vanilla ice cream (gluten-free, if necessary)
30g flaked almonds
150ml double cream

1 Drain the peaches, reserving the liquid, then char on the barbecue for 5-8 mins before cooking the chicken skewers (p98). Transfer to a flameproof pan or tray and set aside.
2 Use a jug or hand blender to purée the reserved liquid from the peaches and 130g of the frozen raspberries. Keep chilled until needed. *Will keep chilled for a day.*
3 About 10 mins before serving, remove the ice cream from the freezer to soften slightly, and set the tray or pan of peaches over the still-warm barbecue for about 5 mins to warm through. If you like, toast the flaked almonds in a small, dry pan over a low heat. Whip the cream until it leaves a ribbon trail when the whisk is lifted out.
4 Cut each warmed peach half into three pieces, then divide between bowls or coupes and top with a scoop of ice cream, 1-2 dessert spoons of the raspberry purée and an equal amount of whipped cream. Scatter over the rest of the berries and the flaked almonds.

GOOD TO KNOW vit c • 1 of 5-a-day • gluten free
PER SERVING 396 kcals • fat 29g • saturates 16g • carbs 26g • sugars 25g • fibre 3g • protein 5g • salt 0.2g

gf tip
You can also char the peaches in a hot griddle pan over a medium-high heat for about 3-4 mins on each side.



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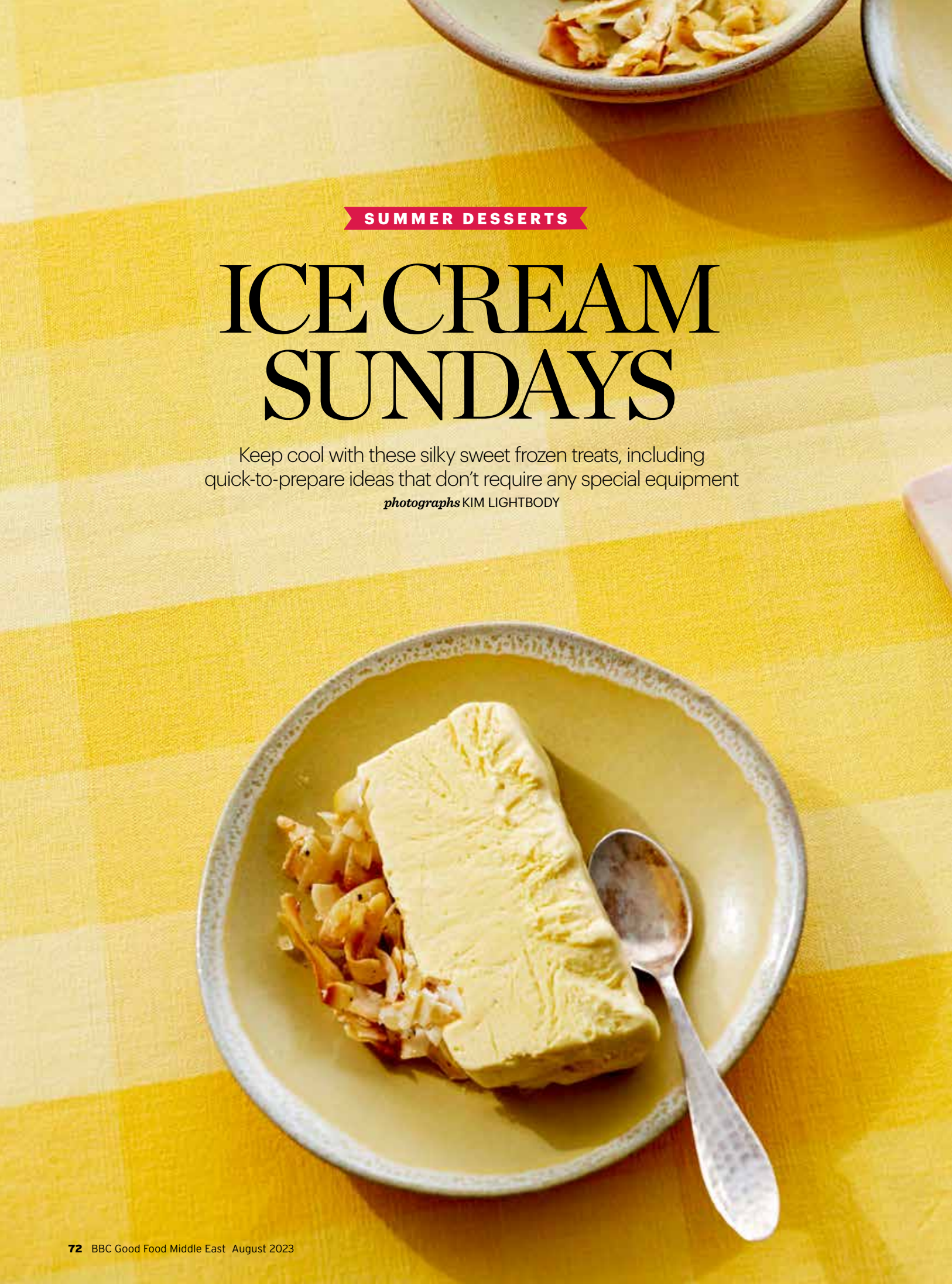
BBC goodfood Middle East

SUMMER DESSERTS

ICE CREAM SUNDAYS

Keep cool with these silky sweet frozen treats, including quick-to-prepare ideas that don't require any special equipment

photographs KIM LIGHTBODY





This is like sunshine in a slice – top it with crispy coconut, or enjoy as is

Mango ice cream with cardamom-scented coconut sprinkles



Coconut ice cream



Peanut butter & jelly doughnut ice cream sandwich

Mango ice cream with cardamom-scented coconut sprinkles

This mango ice cream is like sunshine in a slice. Top with crispy cardamom-scented coconut, or enjoy as is – it's delicious either way. **Helena Busiakiewicz**

SERVES 8-10 **PREP** 15 mins plus at least 5 hrs freezing and cooling **COOK** 8 mins **EASY** **V** ❄

400ml double cream
100ml condensed milk
200ml mango pulp
2 tbsp milk powder
For the cardamom-scented coconut sprinkles
100g coconut flakes
3 tbsp maple syrup
10 cardamom pods, seeds crushed using a pestle and mortar, pods discarded
pinch of sea salt flakes

1 Line a 900g loaf tin with baking parchment, leaving some overhanging to help you lift out the ice cream later. Whisk the cream and condensed milk together in a large bowl until well combined. Add the mango pulp and milk powder, then whisk until completely smooth and slightly thickened. Pour into the loaf tin and freeze for at least 5 hrs or overnight until solid. *Will keep frozen for up to two months.*
2 To make the sprinkles, heat the oven to 180C/160C fan/gas 6 and spread the coconut flakes over a baking tray lined with baking parchment. Drizzle over the maple syrup, then season with the crushed cardamom seeds and a generous pinch of sea salt flakes. Mix well using a spatula, then bake for 8 mins until golden. Leave to cool completely on the tray. *Will keep in an airtight container for a week.*
3 Take the ice cream out of the freezer 15 mins before serving. Use the baking parchment to lift it out of the tin, then invert onto a serving plate and peel away the parchment. Sprinkle over the coconut, then cut into thick slices to serve.

GOOD TO KNOW gluten free
PER SERVING (10) 341 kcals • fat 29g • saturates 19g • carbs 17g • sugars 16g • fibre 1g • protein 3g • salt 0.1g

Coconut ice cream

Creamy and refreshing, this vegan coconut ice cream can be served in cones or bowls, and is great topped with even more coconut (fresh or toasted flakes). **Samuel Goldsmith**

SERVES 8 **PREP** 5 mins plus 1 hr cooling and at least 4 hrs freezing and churning **COOK** 1 min **EASY** **V** ❄

400g can coconut milk
400g can coconut cream
150g caster sugar
50g liquid glucose
2 tsp cornflour
shaved coconut, toasted coconut flakes, or cardamom-scented coconut sprinkles (see recipe, left) to serve (optional)

1 Tip all of the ingredients, except the coconut flakes, into a saucepan over a low-medium heat and bring to a simmer. Cook for 1 min, then remove from the heat and leave to cool completely, about 1 hr.
2 Pour the cooled mixture into an ice cream machine and churn for 30 mins-1 hr, according to the manufacturer's instructions. At this stage, it will still be soft. Scrape the churned ice cream into a freezerproof container or loaf tin and freeze for at least 4 hrs or overnight until it is firm enough to be scooped. *Will keep frozen for up to three months.* Serve in cones or bowls topped with shaved coconut or toasted coconut flakes, if you like.

GOOD TO KNOW vegan • gluten free
PER SERVING 362 kcals • fat 26g • saturates 22g • carbs 29g • sugars 25g • fibre 0.2g • protein 3g • salt 0.03g

gf tip
The cardamom-scented coconut sprinkles also make a great topping for porridge if you have any left over.

Peanut butter & jelly doughnut ice cream sandwiches

Fun to make and wonderfully messy to eat, these hand-held desserts will bring joy to kids and adults alike. **Ailsa Burt**

SERVES 4 **PREP** 5 mins plus cooling **COOK** 4 mins **EASY** **V**

200ml peanut butter-flavoured ice cream
4 shop-bought jam doughnuts
50g smooth peanut butter
150g raspberries, any larger ones halved
30g mini chocolate-covered peanut butter cups, roughly chopped

1 Remove the ice cream from the freezer to soften while you prepare the doughnuts. Heat the grill to high. Split the doughnuts in half through the equator and arrange on a baking tray cut-side up. Toast under the hot grill for 2 mins until golden.
2 Meanwhile, warm the peanut butter in a small pan over a low heat, stirring often until it has melted and loosened. Remove from the heat and leave to cool for 5 mins.
3 Scoop the softened ice cream over the toasted doughnut bases, drizzle over the warm peanut butter, then scatter over the raspberries and chopped peanut butter cups. Sandwich with the doughnut tops and serve straightaway.

PER SERVING 450 kcals • fat 21g • saturates 7g • carbs 52g • sugars 27g • fibre 4g • protein 11g • salt 1.2g

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NEXT LEVEL

Buffalo wings

Enjoy this all-American favourite while watching sports, or for a Friday night snack

recipe ORLANDO MURRIN *photograph* HANNAH TAYLOR-EDDINGTON

SERVES 4 **PREP** 30 mins **COOK** 25 mins **MORE EFFORT**

WHY

These crunchy chicken wings, coated in a sweet and spicy sauce and dunked in blue cheese dressing, were invented in Buffalo, New York, and are served in bars across the US. They're superb finger food, and perfectly paired with an ice-cold beer.

WHAT TO BUY

800g-1kg prepared chicken wings (see tip, right)
1-1.5 litres corn or rapeseed oil, for deep-frying
celery crudités, to serve (optional)

For the rub
½ tsp chilli powder
large pinch of cayenne pepper
3 tbsp cornflour

For the spicy sauce
25g butter, melted
4 tbsp American-style hot sauce, plus 1 tsp (see tip, right)
2 tsp light brown soft sugar
¼ lemon, juiced
1 garlic clove, crushed

For the blue cheese dressing
50g blue cheese of your choice, crumbled
3 tbsp mayonnaise
3 tbsp soured cream
¼ lemon, juiced
splash of milk (optional)

WING IT
You can buy chicken wings whole or prepared. Cut whole wings in three at the joints and discard the tips (or use them to make stock). Trim any excess skin before cooking.

TO FRY OR NOT TO FRY
There are roasted, grilled, air-fried and barbecued buffalo wings, but the fastest, easiest and most traditional method of cooking is deep-frying. If you don't have a thermometer, the oil is hot enough when a cube of bread dropped in browns within 15 seconds.

OIL OPTIONS
Corn oil is the traditional choice, but rapeseed works well. The oil can be cooled and reused up to four times if using rapeseed or olive oil, but don't overheat it. It should be cooled completely, filtered and stored in a cool, dark place. Don't reuse oil that's dark, has sediment or smells stale.

BOWL FOOD
It's estimated that Americans eat about 1.4 billion buffalo wings over Super Bowl weekend each February, the climax of the American football season. Wings are therefore a go-to snack for big matches.

Shoot directors FREDDIE STEWART & LAURIE NEWMAN | Food stylist PHIL MUNDY | Stylist FAYE WEARS



NO BULL
No, it's nothing to do with flying buffaloes: buffalo wings are thought to have been invented in 1964 by the Bellissimo family at the Anchor Bar in Buffalo, New York.

SOME LIKE IT HOT
Hot sauce gives an authentic flavour to this dish, and many varieties are now available. The wings should be hot and spicy, but sauces vary, so choose one that suits your taste and preferred level of heat.

VEGGIE ALTERNATIVES
For guests who don't eat chicken, search on *bbcgoodfoodme.com* for alternative deep-fried snacks, such as cauliflower croquettes, onion rings and salt & pepper sprouting broccoli.

HOW TO MAKE IT

1 For the rub, combine the chilli powder, cayenne pepper, cornflour and ½ tsp each salt and black pepper in a large bowl.
2 For the blue cheese dressing, roughly mash the cheese in a bowl using a fork, then stir in the remaining ingredients, adding a splash of milk to loosen, if needed. Transfer to a serving bowl and keep chilled until needed. *Will keep chilled for up to two days.* Combine the ingredients for the spicy sauce in a separate bowl and set aside.
3 About 30 mins before you want to serve, pat the chicken wings dry using kitchen paper, then tip into the bowl with the rub mixture. Toss to lightly coat the wings.
4 Pour a 4cm depth of oil into a deep pan, ensuring it is no more than two-thirds full, and heat to 180C, or until a cube of bread browns within 15 seconds. Carefully lower in half the wings using a slotted spoon and fry for 9-10 mins, stirring often until cooked, golden and crisp (you'll need to do this in batches). The temperature will go down at first, but aim to keep it at above 160C, or if you don't have thermometer, the chicken should be steadily sizzling. Remove to a baking tray lined with baking parchment and keep warm in a low oven while you fry the remaining wings.
5 Tip the wings into the spicy sauce and fold gently to coat. Serve with the celery, if you like, and the blue cheese dressing.

PER SERVING **753 kcals • fat 52g • saturates 16g • carbs 20g • sugars 9g • fibre 1g • protein 51g • salt 1.7g**

RANCH DRESSING
Not a fan of blue cheese? Try this classic dressing instead: Mix **3 tbsp soured cream** with **2 tbsp plain yogurt**, **1 tbsp mayonnaise**, a **handful of chopped chives or parsley**, **1 finely chopped spring onion**, **½ crushed garlic clove** and a **splash of vinegar**. Season.

PLAN AHEAD
Prepare everything in advance and keep in the fridge, ready for frying later. This recipe can also be easily doubled to feed a large crowd. Keep fried wings hot in a low oven and add the sauce at the last moment.

family

Fire up the BBQ

Be inspired to cook al fresco with these simple barbecue recipes that will keep everyone happy

recipes CASSIE BEST *photographs* MYLES NEW



> ***Cooking the flatbreads on the barbecue gives them a smoky flavour***

Greek salad & flatbreads

Cooking flatbreads on the barbecue gives them a smoky flavour. Serve with dips, salad, meat or halloumi.

MAKES 6 **PREP** 25 mins
COOK 15 mins **EASY** **V**

300g self-raising flour, plus extra for dusting
300g Greek yogurt
½ cucumber, deseeded and chopped
200g cherry tomatoes, quartered
1 red onion, chopped
150g feta, crumbled
100g pitted Kalamata olives, sliced
small handful of parsley, chopped
small handful of mint, leaves picked and chopped
2 tbsp extra virgin olive oil
1 tbsp red wine vinegar

1 Combine the flour, yogurt and 1 tsp salt in a bowl until the mixture clumps together into a dough. Tip onto a floured surface and knead briefly until smooth. Divide the dough into six equal pieces, then roll each one out into a rough oval, about roughly the thickness of 2.8mm. Cover with a clean tea towel while you repeat with the rest of the dough, stacking the flatbreads with plenty of flour between them to prevent them from sticking together.
2 Combine remaining ingredients for the salad. Season. Heat a dry griddle pan over medium heat, or wait until the coals are ashen in a barbecue, and cook the flatbreads for 2-3 mins on each side until golden brown and charred in spots. Keep warm under a tea towel until ready to serve. *Best eaten on the day*. Serve with the salad.

GOOD TO KNOW calcium • 1 of 5-a-day
PER SERVING 397 kcals • fat 18g • saturates 8g • carbs 44g • sugars 6g • fibre 3g • protein 13g • salt 2.5g





BBQ pineapple with chocolate coconut sauce

SERVES 4 **PREP** 5 mins
COOK 25 mins **EASY** V

1 large pineapple
200g dark chocolate
2 tbsp golden syrup
400ml can coconut milk
mint leaves, to serve (optional)

1 Cut off the top and bottom of the pineapple, then run a knife under the skin all the way around to remove it. Cut away any remaining eyes (small holes in the flesh). Cut the pineapple through the core into eight wedges, and remove the core from each wedge. Slide the wedges onto metal skewers.
2 Warm the chocolate, golden syrup and coconut milk in a pan over a low heat, stirring until the chocolate has melted and the mixture is smooth. Alternatively do this in a pan on the cooler side of the barbecue. Keep warm until you're ready to serve.
3 Cook the pineapple wedges over ashen coals on the barbecue or in a hot griddle pan over a medium-high heat for 5-6 mins on each side, or until the pineapple is lightly charred in spots. Put the wedges on a serving platter. Drizzle over the chocolate sauce and scatter with some mint leaves, if using. Serve with any remaining chocolate sauce on the side for dunking.

GOOD TO KNOW vit c • 1 of 5-a-day • gluten free
PER SERVING 545 kcals • fat 38g • saturates 27g • carbs 40g • sugars 33g • fibre 8g • protein 6g • salt 0.1g

BBQ meatball subs

SERVES 6 **PREP** 25 mins plus at least 30 mins chilling **COOK** 40 mins
EASY

250g 12% fat beef mince
250g pork mince or sausagemeat
small handful of parsley, finely chopped
1 tsp garlic granules
25g fresh breadcrumbs
6 hot dog buns
100g grated mozzarella or cheddar (or use a mixture)

For the sauce

1 tbsp olive oil, plus extra for brushing
2 garlic cloves, crushed
400g can chopped tomatoes
2 tbsp barbecue sauce
1 tsp dried oregano
1 tsp caster sugar

1 Combine the beef and pork mince in a bowl with the parsley, garlic granules, breadcrumbs and some seasoning using your hands to make sure the ingredients are completely incorporated. Roll the mixture into 24 walnut-sized balls. Using six metal skewers, push four meatballs onto each skewer, transfer to a plate, cover and chill for at least 30 mins. *Will keep chilled for up to a day.*

2 To make the sauce, heat the oil in a saucepan over a medium heat and sizzle the garlic for 30 seconds. Tip in the tomatoes, barbecue sauce, oregano and sugar, and season well. Bring to a simmer, then reduce the heat to low and bubble for 15 mins until the sauce is thick and rich – you can add a splash of water if it starts to look too dry.

3 Brush the chilled meatball skewers with a little oil, then cook under a hot grill, in a griddle pan over a medium-high heat or on the barbecue over ashen coals for 5-8 mins on each side until the meatballs are deep brown and sizzling. To check they're ready, cut one in half – there should be no pink meat left in the middle. Set aside and keep warm.

4 Spread some of the sauce into each bun, then lay a meatball skewer on top. Hold the bun in one hand and carefully pull out the skewer with the other. Top with any remaining sauce. Scatter a handful of the cheese over each bun, then return to the barbecue (putting them on the cooler side), close the lid and warm for a few minutes until the cheese has melted. Or, do this under a hot grill. Watch carefully to ensure they don't burn.

PER SERVING 500 kcals • fat 21g • saturates 8g • carbs 47g • sugars 7g • fibre 3g • protein 29g • salt 1.6g





BBQ halloumi & corn salad

SERVES 4 **PREP** 15 mins
COOK 10 mins **EASY** **V**

1 red onion, chopped
1 large avocado, peeled, stoned, halved and chopped
200g cherry tomatoes, halved
2 limes, juiced
2 tbsp extra virgin olive oil, plus extra for brushing
2 sweetcorn cobs, any husks removed
pinch of smoked paprika
200g block halloumi, cut into cubes
small bunch of coriander, roughly chopped

1 Tip the chopped onion, avocado and cherry tomatoes onto a large platter. Drizzle over the lime juice and oil, and season with a pinch of salt. Toss to combine and set aside.
2 Light the barbecue or heat a griddle pan over a high heat. Brush the corn cobs with a little oil, then sprinkle over the paprika and a little salt. Thread the halloumi onto metal skewers and cook alongside the corn cobs over ashen coals until the halloumi is golden and the corn is lightly charred in spots.
3 Cool the corn slightly, then stand the cobs upright on a board, one by one, and carefully slice off the kernels. Toss the corn into the salad along with the halloumi, then scatter over the coriander and toss again to combine. *Best served straightaway while still warm, but can be eaten at room temperature.*

GOOD TO KNOW calcium • folate • vit c • 2 of 5-a-day • gluten free
PER SERVING 380 kcals • fat 29g • saturates 12g • carbs 10g • sugars 6g • fibre 5g • protein 16g • salt 1.7g

Honey harissa lamb chops

Different types of harissa vary in heat, so it's worth tasting before brushing this chilli paste over the lamb, then adjusting the amount to suit your preference if needed.

SERVES 4 **PREP** 10 mins plus at least 30 mins chilling **COOK** 15 mins **EASY**

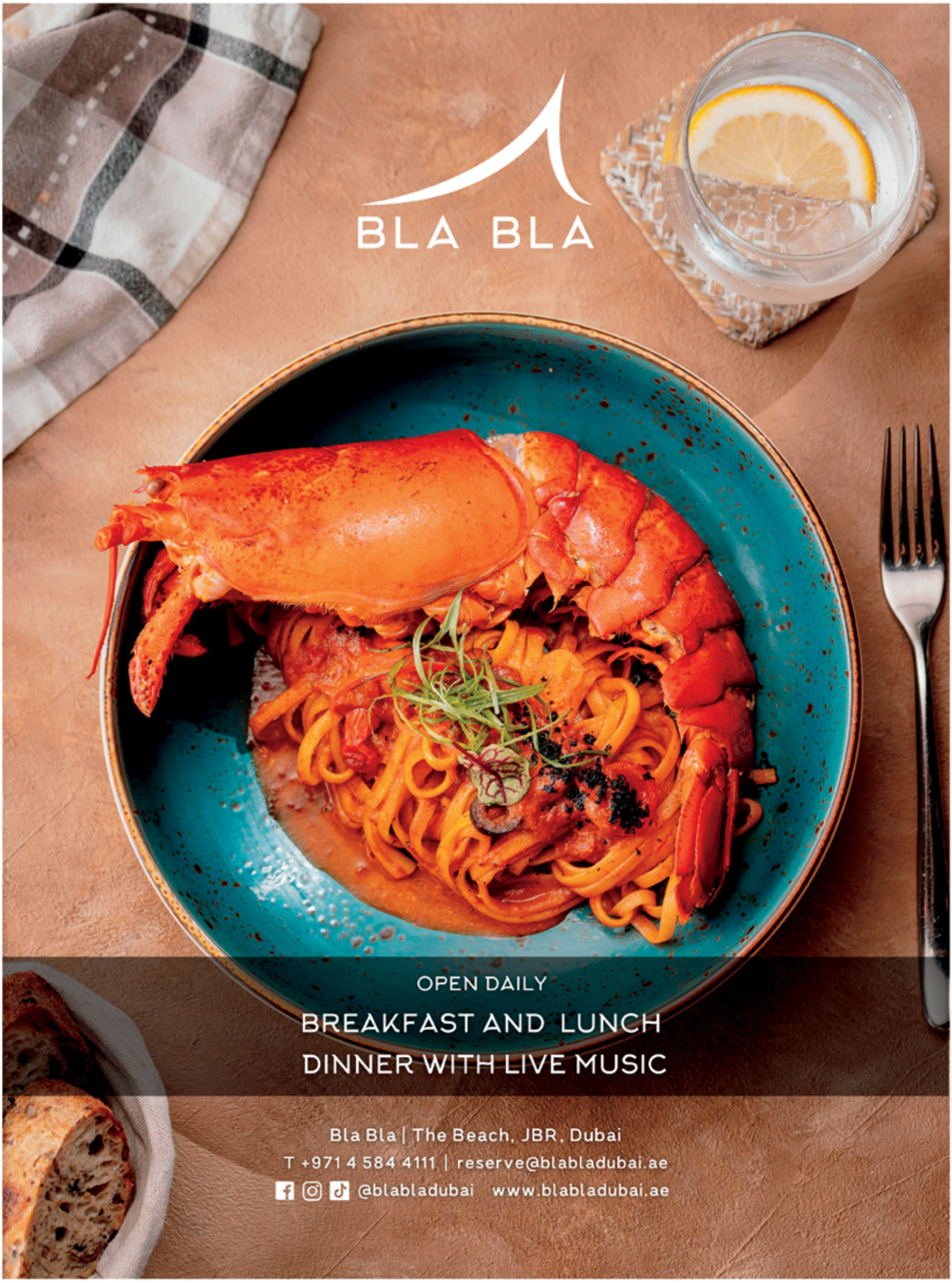
2 tsp ground cumin
1 tsp ground coriander
2 garlic cloves, crushed
1 tsp dried oregano
½ lemon, zested and juiced
2 tbsp olive oil
8 lamb chops
1 tbsp rose harissa
1 tbsp honey

1 Combine the cumin, coriander, garlic, oregano, lemon zest and juice, the olive oil and some seasoning in a large bowl. Put the lamb chops on a board and lightly bash the eye (the meatiest part) of each one with a mallet or rolling pin to flatten slightly. Put the chops in the bowl with the marinade and turn to fully coat. Cover and leave to marinate for at least 30 mins. *Will keep chilled for up to a day.*
2 Take the lamb out of the fridge 30 mins before cooking, if it's been chilled. Mix the harissa and honey together in a bowl. Cook the lamb chops under a hot grill, in a griddle pan over a high heat or over ashen coals on the barbecue for 5-7 mins on each side, brushing the harissa mixture all over them during the final 1-2 mins. When ready, the chops should be caramelised and the fat sizzling – they will be slightly pink in the middle. Transfer to a plate, cover and leave to rest for a few minutes before serving.

GOOD TO KNOW iron • gluten free
PER SERVING 520 kcals • fat 38g • saturates 16g • carbs 5g • sugars 5g • fibre 1g • protein 38g • salt 0.4g

Shoot director EMMA WINCHESTER | Food stylist KATIE MARSHALL | Stylist ZOE HARRINGTON




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health

Delicious recipes and top nutrition tips



eat well, feel great

rise and shine, page 88



5 healthy ideas

canned tuna, page 90

rise and shine

Fuel up with a nutritious, filling breakfast – and to make life easier, you can prep the oat recipes ahead

Potato hash with greens

Peppers are packed with vitamin C and spinach is rich in iron, so they make a great combo with hearty potatoes. In fact, our brunch packs in three of your five-a-day.

SERVES 2 **PREP** 10 mins
COOK 40 mins **EASY** V

3 OF 5-A-DAY · LOW FAT · GLUTEN FREE

340g baby potatoes, any larger ones halved
1 tbsp rapeseed oil
1 onion (200g), finely chopped
1 green pepper, deseeded and diced
1 tsp smoked paprika
2 tbsp tarragon leaves, chopped
160g baby spinach
2 eggs

1 Boil the potatoes for 15-20 mins until almost tender, then scoop into a bowl using a slotted spoon. Keep the water for later.

2 Meanwhile, heat the oil in a large non-stick frying pan over a medium heat and cook the onion for 5 mins, stirring frequently until starting to colour. Add the pepper and cook for 5 mins more.

3 Crush the cooked potatoes using a masher. Stir them into the onion and pepper, along with the paprika and tarragon. Cook for 5-10 mins, turning occasionally so they brown.

4 Return the potato water to a low heat. Add the spinach to the hash and stir through to wilt. Crack the eggs into the potato water once it's simmering and poach them for a few minutes until cooked to your liking. Remove from the pan using a slotted spoon. Serve the hash topped with the eggs.

GOOD TO KNOW low fat • healthy • folate • fibre • vit c • iron • 3 of 5-a-day • gluten free
PER SERVING 311 kcals • fat 12g • saturates 2g • carbs 33g • sugars 10g • fibre 8g • protein 14g • salt 0.3g

gf tip

Because our plans use minimum fat, it's well worth investing in a good set of non-stick pans.











Healthy homemade granola

Shop-bought granola can have a lot of added sugar, but our crunchy version is sweetened with prunes. Studies suggest that eating prunes regularly preserves bone density and because they are full of fibre, supports gut health.

SERVES 8 (makes 400g)
PREP 10 mins plus cooling
COOK 20 mins **EASY** V

FIBRE · VEGAN · HEALTHY

290g can pitted prunes in natural juice, drained
1 orange, zested and juiced
2 tbsp tahini
350g oats
25g flaked almonds
25g sunflower seeds
25g pumpkin seeds
2 x 400g pots fortified soya or plain bio yogurt

1 Heat the oven to 200C/ 180C fan/ gas 6 and line a large baking tray with baking parchment.

2 Put the prunes, orange zest and juice in a small bowl, add the tahini and mash it all together to make a paste. Tip the oats into a large bowl, then add the prune mixture and knead it all together using your hands, as though you're making a crumble topping, until all the oats are coated and sticky. Spread out on the prepared tray and bake for 20 mins, turning the oats every 5 mins to help them cook evenly and drive off as much steam as possible.
3 Remove from the oven and stir the almonds and seeds onto the tray, then cool quickly by tossing the mixture. *Once completely cooled, the granola will keep for two weeks in an airtight container.*
4 Measure 50g granola per serving and enjoy with 100g soya yogurt.

GOOD TO KNOW vegan • healthy • fibre
PER SERVING 336 kcals • fat 13g • saturates 2g • carbs 40g • sugars 8g • fibre 6g • protein 13g • salt 0.3g

gf tip
Oats contain a unique source of fibre, called beta glucan, that nourishes and restores healthy gut bacteria.

Overnight oats with apricots & yogurt

Soaking oats overnight is great for a speedy breakfast the next day, and it makes them easier to digest. Antioxidant-rich chia seeds and apricots are thought to benefit heart health.

SERVES 4 **PREP** 10 mins plus overnight soaking **COOK** 5 mins **EASY** V

FIBRE · 1 OF 5-A-DAY · VEGAN

200g oats
50g chia seeds
1 tbsp vanilla extract
550ml almond milk, or cow's milk (if non-vegan)
1 tsp rapeseed oil
320g pack fresh apricots, stoned and quartered
400g pot fortified oat or plain bio yogurt
4 tsp sunflower seeds

1 Mix the oats and chia in a bowl with the vanilla and almond milk. Cover and chill overnight.
2 Heat the oil in a small non-stick pan. Add the apricots in a single layer, then cover the pan and cook over a low heat for 5 mins, until softened. Stir well and cook a few minutes more if needed – they will cook a little more in the residual heat as they cool. Cover and keep chilled until needed.
3 The next day, stir the yogurt into the oats and spoon into tumblers, small jars or small bowls. Top with the cooked apricots and sunflower seeds. *Will keep covered and chilled for up to four days.*

GOOD TO KNOW vegan • healthy • calcium • fibre • 1 of 5-a-day
PER SERVING 422 kcals • fat 15g • saturates 2g • carbs 52g • sugars 11g • fibre 12g • protein 11g • salt 0.3g

gf tip
Cooking orange fruit and vegetables, like apricots, in a little oil is a clever way to increase your absorption of their health-promoting carotenoids.



5 healthy ideas

canned tuna

Rich in protein for bulking out meals and convenient to cook with, it's no wonder this is such a popular storecupboard ingredient



Spinach & tuna pancakes

Spinach & tuna pancakes

SERVES 2 **PREP** 15 mins
COOK 10 mins **EASY**

First, make a salad by combining **200g canned sweetcorn**, drained, **1 finely chopped red onion**, **85g cherry tomatoes**, quartered, **10 chopped basil leaves**, **4 pitted Kalamata olives**, sliced, and **2 tsp balsamic vinegar**. Heat **1 tsp rapeseed oil** in a non-stick pan over a medium heat and briefly fry **2 chopped garlic cloves**. Stir in **250g baby spinach** to wilt, then **1 tbsp tomato purée**, **120g canned tuna in water**, drained, and **200g cottage cheese**. Remove from the heat and set aside. Beat **2 eggs** with **4 tbsp wholemeal flour** and 2 tbsp water. Heat 1 tsp rapeseed oil in a non-stick pan over a medium heat, add half the batter and swirl to coat the base of the pan. Cook for 1-2 mins to set. Flip and cook for 1 min more. Repeat to make another pancake, then fill both with the spinach mix and serve with the salad.

GOOD TO KNOW healthy • calcium • folate • fibre • vit c • iron • 4 of 5-a-day
PER SERVING 539 kcals • fat 19g • saturates 6g • carbs 48g • sugars 15g • fibre 10g • protein 38g • salt 1.5g

Tuna & sweetcorn fishcakes

SERVES 4 **PREP** 10 mins plus chilling
COOK 25 mins **EASY**

Boil **450g quartered potatoes** in salted water until tender, about 10-12 mins. Drain and steam-dry, then mash with seasoning. Stir in **2 tbsp mayo**, **2 x 185g cans tuna**, drained, a **198g can sweetcorn**, also drained, and a **small bunch of chives**, sliced. Shape into patties. Chill until firm. Beat **2 eggs** in a bowl. Tip **100g breadcrumbs** into a second. Coat the patties in the egg, letting the excess drip off, then in the crumbs. Chill for 15 mins. Heat a **drizzle of sunflower oil** in a pan over a medium heat and fry in batches for 2-3 mins on each side until golden. Serve with salad.

GOOD TO KNOW healthy • low cal • vit c • folate
PER SERVING 383 kcals • fat 12g • saturates 2g • carbs 42g • sugars 5g • fibre 3g • protein 26g • salt 0.9g

Charred veg & tuna niçoise with creamy kefir dressing

SERVES 2 **PREP** 10 mins **COOK** 15 mins **EASY**

Heat the grill to high. Cook **100g trimmed green beans** and **6 trimmed spring onions** in a pan of boiling water for 4 mins. Drain and pat dry. Toss with **1 tsp rapeseed oil**. Put on a baking tray with **100g cherry tomatoes**, halved, cut-side up. Season. Grill for 10 mins until the veg starts to soften and char. Cool slightly. Combine **4 tsp kefir**, 1 tsp rapeseed oil, **1 tsp mustard powder** and **1 tsp red wine vinegar** until smooth. Season. Divide the leaves of **2 Little Gem lettuces** between plates along with **160g canned tuna**, drained, **4 pitted black olives**, sliced, and **2 halved soft-boiled eggs**. Top with the spring onions, green beans, cherry tomatoes and dressing.

GOOD TO KNOW healthy • low cal • folate • fibre • vit c • 3 of 5-a-day • gluten free
PER SERVING 284 kcals • fat 14g • saturates 3g • carbs 8g • sugars 7g • fibre 7g • protein 26g • salt 0.9g

Tuna, asparagus & white bean salad

SERVES 4 **PREP** 10 mins **COOK** 5 mins **EASY**

Cook a **large bunch of asparagus** (about 250g) in boiling water for 4-5 mins until tender. Drain, cool under cold running water, then cut into finger-length pieces. Toss **2 x 185g cans tuna in water**, drained, with **2 x 400g cans cannellini beans**, drained, **1 finely chopped red onion**, **2 tbsp capers** and the asparagus. Mix **1 tbsp olive oil** with **1 tbsp red wine vinegar** and **2 tbsp finely chopped tarragon** and toss with the salad.

GOOD TO KNOW healthy • low fat • low cal • folate • fibre • 2 of 5-a-day • gluten free
PER SERVING 245 kcals • fat 5g • saturates 1g • carbs 23g • sugars 4g • fibre 9g • protein 24g • salt 0.8g

Lemon spaghetti with tuna & broccoli

SERVES 4 **PREP** 5 mins **COOK** 10 mins **EASY**

Cook **350g spaghetti** in a pan of boiling salted water for 6 mins. Add **250g chopped broccoli**. Cook for 4 mins more until tender. Mix **2 finely chopped shallots**, **85g pitted green olives**, halved, **2 tbsp capers** and a **198g can tuna in oil** with the **zest and juice of 1 lemon**. Drain the pasta and broccoli. Toss with the tuna mix, **1 tbsp olive oil** and black pepper. Drizzle with extra olive oil, if you like.

GOOD TO KNOW healthy • low cal • low fat • fibre • vit c • 1 of 5 a day
PER SERVING 456 kcals • fat 9g • saturates 1g • carbs 68g • sugars 4g • fibre 7g • protein 22g • salt 1.3g



Charred veg & tuna niçoise with creamy kefir dressing

5 health benefits of tuna

1. An affordable source of high-quality protein
2. Useful source of the amino acid taurine – studies suggest this may help protect against heart disease
3. Tuna, when canned in water or brine, is low in fat, with just 1g fat in a 100g edible portion
4. Canned tuna (in water or brine) is also low in calories, but high in protein, making it a useful inclusion in a weight-loss diet
5. Both fresh and canned varieties of tuna are a useful source of vitamins and minerals, such as B vitamins, especially niacin (B3), which supports the nervous system and skin. Canned tuna is also a good source of calcium which supports healthy bones and muscle contractions; magnesium, required for energy; and vitamin D, which supports the immune system and may contribute to bone strength and brain function.

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GOURMET LIFESTYLE

ESCAPE TO AVANI+ FARES MALDIVES RESORT p94



Competitions, p99





ESCAPE TO AVANI+ FARES MALDIVES RESORT

Welcome to a tropical paradise like no other with the newly-opened resort on Baa Atoll

Whether you seek relaxation, adventure, or a blend of both, the Avani+ Fares Maldives Resort promises an unforgettable sojourn. Experience a world of opulence and luxury with a wide range of amenities, from the breathtaking infinity pool boasting panoramic ocean views to the rejuvenating spa offerings. Delight your palate with exquisite culinary creations at the resort's renowned restaurants and enjoy thrilling aquatic adventures or blissful relaxation on the sun-soaked shores, all while sipping on curated beverages.

Here, the tropical beauty of the Maldives is paired with unparalleled service and attention to detail, creating a truly extraordinary experience for every guest.

DAY 1

Upon our arrival via a seaplane transfer, we were warmly welcomed by the team and escorted to our beach pool villa, to unwind post journey. The lavish resort provides a distinct array of accommodation options including the overwater villa, four-bedroom beach pavilion, sunset overwater pool villa, and two-bedroom beach pool villa.

The first thing that caught our eye was a small pot filled with candied orange peel dipped in decadent dark chocolate—a testament to the resort's innovative and sustainable no-waste approach. The villa's décor exudes a calming and inviting ambience, comprising a soft







colour palette and decorated wall mural, showcasing shades of blue to resemble the sea and pale, creamy yellows reminiscent of sand and sunshine, serving a touch of paradise. The villa boasts a 50-inch flat-screen TV, Bluetooth speakers, an indoor-outdoor bathroom complete with a separate tub and invigorating rain shower, a Nespresso coffee machine, toiletries from Malin + Goetz. The collection of body care products includes a refreshing body wash, invigorating peppermint shampoo, nourishing cilantro hair conditioner, and hydrating vitamin B5 body moisturizer.

With the hunger pangs kicking in, we made our way for lunch at the picturesque Skipjack bar boasting an expansive infinity pool, poolside loungers, and unrivalled views of the pristine beach waters. To commence our dining experience, the Caesar salad featured baby romaine lettuce, garlic croutons, white anchovy, bacon, parmesan, and corn-fed chicken breast, resulting in a fusion of flavours and textures. We then delighted in the Tuna tataki, showcasing locally sourced fresh tuna with pickled beetroot, citrus, marinated fennel, and a drizzle of olive oil.

For mains, I opted for the Bolognese, a comforting classic. The spaghetti was topped with a rich Tuscan Bolognese sauce, slow braised with vegetables, and generously garnished with Parmigiano Reggiano. For the finale, the Tropical panna cotta featured an infusion of mango and white chocolate accompanied by a jaggery jelly and mango compote. The combination of tropical flavours and the velvety texture of the panna cotta was complemented by the vibrant and fruity components.

A couple of hours after lunch, we made a beeline for AvaniSpa, where upon arrival, the highly skilled therapist provided a personalized form to outline preferences and areas of focus, ensuring a customised treatment tailored to specific needs, whether it be relaxation or tension relief. The true highlight of the blissful 60-minute signature body massage was choosing from the four exquisite fragrant body oils—boost, calm, purity, or balance - each evoking a distinct sense of serenity and enhancing the overall ambience of tranquillity.

After a restful snooze on our beachfront garden terrace adorned with sun loungers, we looked forward to a set menu dinner at Tribe, taking us on a captivating culinary voyage that showcased highlights from







various tribes around the world. The Satay gai, corn-fed chicken skewers marinated to perfection and served with a spicy peanut and coconut dip was a delectable start, followed by the Beef slider, featuring succulent beef, raclette cheese, tomato iceberg, and home-pickled gherkin in a pumpkin brioche bun. Transitioning to the Amazon River's offerings, we devoured the Charcoal grilled leeks with a flavourful chimichurri and smoked almonds, showcasing the simplicity of grilled vegetables. The Prawns wrapped in spring roll pastry served with guacamole and cherry tomato jam, brought a fusion of flavours with its crisp pastry, juicy prawns, and tangy accompaniments. For dessert, the Mango sticky coconut rice, a classic Thai delicacy with marinated mango variations and a hint of refreshing mint, provided a perfect conclusion.

DAY 2

Following a rejuvenating night's sleep, we made our way to Ocean Terrace restaurant to indulge in a delightful breakfast experience. Presenting a choice between a tempting buffet spread and a delectable à la carte menu, we chose a light meal of Chia pudding and fresh orange juice, in order to prepare ourselves for the snorkelling trip hours ahead.

Adventure enthusiasts should add the Snorkel boat trip to their list of things-to-do on the island. The captivating presentation on the diverse species residing in the vibrant reef heightened our excitement before the journey began. The staff's expertise and support were invaluable, providing guidance, answering questions, and instilling confidence, allowing me to fully enjoy my first snorkelling experience.



The one-hour adventure left us craving a hearty feast, and Skipjack's Local platter delighted with its array of bites, including Tuna bajiya, gulhaa (dumplings), masroshi (fried dough), katlas (cutlets), and dhonkeyo kaju (banana fritters). The Caprese salad, featuring juicy tomatoes, buffalo mozzarella, peppery rocket, and aromatic basil, drizzled with aged balsamic and extra virgin olive oil, provided a refreshing start, while Chef Walter's irresistible burger stole the show. Made with 100% Black Angus beef, it was tender with the right amount of juices flowing, complemented by Swiss gruyere, crispy bacon, caramelized onion jam, heirloom tomato, and pickled cucumber, all nestled between a soft brioche bun and served with French fries. The moist chocolate and olive oil tart and orange salad complemented by a scoop of vanilla bean ice cream, left us truly satisfied.

The sunset cruise was an enchanting experience that immersed us in the unfolding beauty of the seas. With the sun casting a golden glow over the crystal-clear waters, the ambience aboard the cruise ship was magical. An array of canapés and local Maldivian tunes complemented the serene setting as we gazed at the mesmerizing sunset views and spotted dolphins in their habitat.

Soon after, we eagerly dove into an extraordinary dining experience at Charcoal, the highly anticipated restaurant temporarily hosted at Skipjack. From the moment we stepped inside, the ambience emanated a relaxed and modern vibe, accompanied by the soulful melodies of funky jazz in the background. We were presented with an assortment of bread accompanied by beetroot, caramelized onions, and parsley butter. The appetizers promptly arrived, each a true sensory delight. The refreshing Tuna tartare enticed with its flavours and impeccable presentation, while the Prawn dumplings with spicy chilli sauce offered flavoursome notes. The Char-grilled leeks added a unique twist to the table, infusing the dishes with a smoky and savoury essence. Opting for the cornfed chicken breast as my main, the dish was ideal for a satiating dinner with sides of mushrooms and broccoli.













DAY 3

Immersing ourselves in the rich flavours of Maldivian cuisine, we delighted in a breakfast feast that started with the aromatic Masriha (a mouthwatering Maldivian tuna curry), and a Maldivian chilli-flavoured omelette, served with warm chapati.

To make the most of our visit to the soon-to-open Overwater villa, we were equipped with snorkelling gear and dove into the ocean from the villa deck. The infinity villa pool, offering unobstructed views of the turquoise waters, added an extra layer of luxury to this villa. We were treated to a personalized in-villa dining experience featuring a refreshing salad, delectable curries, red snapper ceviche and Indian specialities. From the breathtaking views and the opportunity to explore the vibrant underwater world to the personalized dining experience that exceeded our expectations, every aspect of our stay was thoughtfully curated to ensure a memorable getaway.

We concluded our trip with dinner at Adrift by the Beach – another must-try dining experience for travellers. A beautifully decorated table positioned within a sand circle, softly illuminated by low lights, made up the stunning setting. Melodious tunes played by a guitarist enlivened the mood, creating an intimate ambience to accompany the set menu. We tucked into the refreshing Char-grilled watermelon appetizer, a unique and unexpected combination. The menu presented three tempting options for mains: the Chalmar beef tenderloin, the Maldivian tuna fillet, and the vegetarian choice of Open lasagna. I indulged in the tenderloin, served with a decadent gravy, sautéed mushrooms, broccoli, and black truffle shavings. To conclude, the Deconstructed lemon meringue dessert stunned, boasting lemon curd served alongside a small meringue bowl, holding a refreshing yuzu sorbet. The dessert was beautifully plated with candied orange, grapefruit, and kumquat jam, adding a burst of citrusy sweetness to every bite.

As we bid farewell to this idyllic paradise, the impeccable service continued to impress. The quick check-out process ensured a seamless departure, while the heartfelt goodbye from the staff as we boarded the yacht en route to the seaplane touched our hearts. Au revoir, Maldives!

BOOK NOW

The Beach pool villa is available from AED2,100 per night. Visit avanihotels.com/fares-maldives.

COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs



DINING VOUCHER AT BAGERI FORM, WORTH AED500

Scandi-inspired bakery Bageri Form has unveiled its highly anticipated summer menu featuring an array of exquisitely crafted pastries. Enjoy signature treats including Fresh figs & salted honey custard, Strawberry, lemon & mascarpone mousseline, Miso caramel & sliced peaches Danish, Sour cream, sweet corn & sun-kissed tomato pastry, Asparagus, mustard & truffle oil Danish, and Roasted aubergine, goat's cheese & pomegranate Danish.



DINING VOUCHER FOR FOUR AT THE BOLT HOLE, WORTH AED500

Looking for an ideal spot to relax and indulge in diverse culinary delights? Situated in the family-friendly community of Villanova, the destination presents an exciting opportunity for one winner to enjoy a remarkable dining experience for four guests. Step away from the ordinary and enter a trendy and cosy venue, where you can relish delectable dishes, inspired by global flavours. Whether you prefer a delightful breakfast, a scrumptious lunch, or a delightful evening with loved ones accompanied by refreshing beverages, The Bolt Hole has it all covered.



DINING VOUCHER AT THE GREEDYMAN PIZZERIA, WORTH AED500

Prepare for a complete dining experience that encompasses drinks, pizza, dessert, and fries. Relish in the meticulously crafted pizzas, skillfully prepared using the finest ingredients and adorned with an array of delectable toppings. Don't miss a side of perfectly crispy fries accompanied by refreshing beverages, followed by tantalising desserts to complete your culinary adventure.

Images SUPPLIED



REJUVENATING SUMMER EXPERIENCE FOR FOUR AT JUMEIRAH LIVING MARINA GATE, WORTH AED500

Whether you're visiting with friends or family, this four-star hotel is giving readers the chance to experience a memorable summer pool day for four guests. Located on the 7th floor with stunning views of Dubai Marina, the luxurious infinity pool provides a picturesque backdrop for relaxation and sun-soaked enjoyment. Pamper yourself further with access to sauna and steam facilities. Satisfy your appetite with four delicious main courses, delectable desserts, and mocktails of your choice.



DINNER FOR TWO AT TOSHI, THE GRAND MILLENNIUM BARSHA HEIGHTS, WORTH AED500

Discover a captivating culinary journey as each day showcases an array of delights, ranging from teppanyaki, sushi, sashimi, and seafood, to Thai-inspired specialities. Serving diverse and exotic flavours of Asia, experience a truly unparalleled concept that seamlessly blends the finest elements of all-you-can-eat buffets, à la carte dining, family-style sharing set menus, and live cooking stations.



DINING VOUCHER FOR TWO AT SUSHIART, WORTH AED500

Immerse yourself in an authentic Japanese atmosphere at the high-end yet relaxed dining destination. SushiArt specialises in in-house dining, delivery, and takeaway options, ensuring the use of the freshest ingredients. Explore a captivating array of visually stunning and inventive dishes that infuse a distinct flair into traditional Japanese cuisine.

To be in with a chance of winning these prizes, visit our competitions page on bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.









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